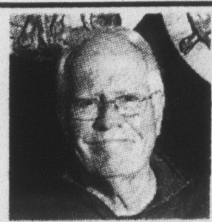
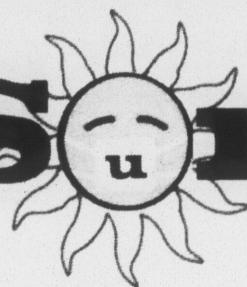




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 Artist Showcase: Sculptor Daniel Myers, III - Page 35



The Quincy Sun

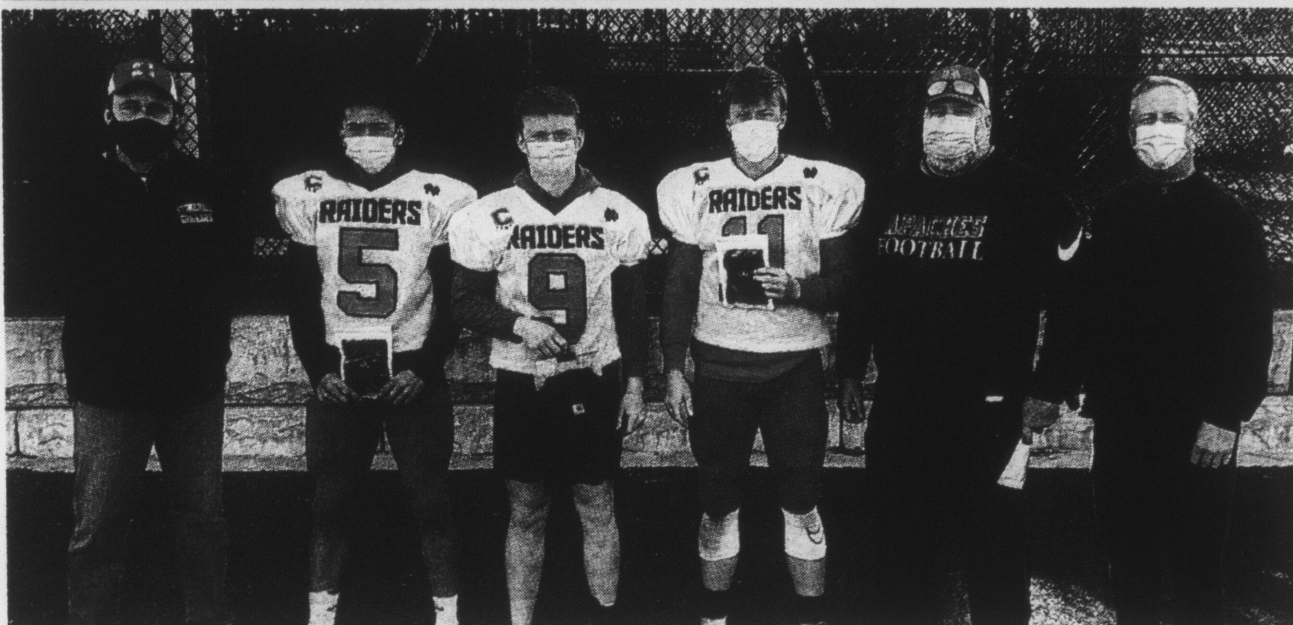


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THE NORTH/QUINCY FOOTBALL Hall of Fame donated head coverings for each player to both of the city's teams this past season in order to maintain compliance with MIAA guidelines. North Quincy photo: pictured from left to right are QHS Hall of Famer Pat Calabro, North Quincy Senior Captains Tyler Le, Brendan Hines and Liam Hines as well as North Quincy Head Coach Ryan Craig and North Quincy Hall of Famer Jack Brown.

Photos Courtesy North/Quincy Football Hall of Fame



QUINCY HIGH SCHOOL photo (left to right) are Quincy High Coach Kevin Carey, QHS Hall of Famer Pat Calabro, QHS Captains Muhammad Khan, Matthew Kelly and Isaiah Steinberg Johnson as well as NQHS Hall of Famer Jack Brown.

North/Quincy Football Hall Of Fame Donates Head Covering To High School Teams

The North/Quincy Football Hall of Fame donated head coverings for each player to both of the city's teams this past season in order to maintain compliance with MIAA guidelines.

The coverings allowed the players to participate

safely while relieving the programs and families of the added expense of providing them to the players.

In a statement to The Quincy Sun, the Hall of Fame said, "It was our pleasure to provide these head coverings to the players so

they could participate this past season. These kids have had a tough year and we felt as an organization it was important for the kids to see that the Hall of Fame supports them.

"In addition to recognizing the best of the best who

have played at both schools, it is also our goal to provide the programs with supplemental funds so they can purchase additional items that the coaches feel will assist their kids in competing at the highest level."

All Massachusetts Business Restrictions Ending May 29

By SCOTT JACKSON

Gov. Charlie Baker on Monday announced that all pandemic-related restrictions on businesses would be lifted effective May 29,

two months ahead of schedule. The state will also update its mask rules to match the newest federal guidance, meaning fully vaccinated

individuals will no longer need to wear them in most places.

Speaking at a State House press conference,

Baker on Monday noted the state is on pace to fully vaccinate 4.1 million residents - three-quarters of its adult population - by early June,

allowing the state to lift all remaining pandemic-related restrictions on businesses.

"This level of protection makes this step possible

for the people of commonwealth," he said. "The science shows that vaccinated people are well-protected

Cont'd On Page 12

\$346.6M Budget Proposed For FY '22

By SCOTT JACKSON

Mayor Thomas Koch on Monday unveiled his proposed \$346.65 million general fund budget for the upcoming fiscal year that begins on July 1, a spending plan he said would result in a "slight to modest" tax increase next year.

The proposed spending plan for fiscal year 2022 represents an increase of \$6.53 million, or about 1.9 percent, over the \$340.12 mil-

lion budget for fiscal year 2021 that councillors had approved last June. Councillors made \$2.7 million in cuts to the FY21 budget in December at the mayor's request prior to setting this year's property tax rate.

The City Council's finance committee will review the budget proposal over the coming weeks. Under the city's charter, the council can cut from the

Cont'd On Page 27

Koch Withdraws Plan To Buy Land For College, City Hall Building

By SCOTT JACKSON

Mayor Thomas Koch has withdrawn his request to borrow \$23 million to buy two pieces of land in Quincy Center as the first step in his plan to construct a new \$100 million building to house both Quincy College and municipal offices presently located in the city hall annex.

Koch withdraw his request to borrow the \$23 million Monday morning, hours before the City Coun-

cil planned to vote on the matter. Several city councillors had expressed concerns about the proposal at prior committee meetings and the bond's fate was uncertain headed into this week.

The mayor withdrew his request to borrow the \$23 million in a letter written early Monday to Council President Nina Liang. Koch cited opposition from councillors in his withdrawal letter.

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 Ask John Paul: AAA New England's Car Doctor - Page 15
 Stop The Stigma Virtual 5K Raises \$77,000 For ISS - Page 19

More Quincy news:

The Quincy Sun.com



Combining Strength And Endurance Exercise

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Most people who desire overall physical fitness develop a personal exercise plan that includes activities to increase their muscular strength, improve their cardiovascular endurance, and enhance their joint flexibility. Generally speaking, fitness enthusiasts include stretching exercises in their warm-up and cool-down segments, and divide the major portion of their workout session between strength training and endurance activity.

While this conditioning approach appears to be both physically effective and time-efficient, some fitness authorities advise against combining strength and endurance exercise in the same training session. Over the past decade, numerous researchers have examined the effects of concurrent strength and endurance training. Let's look at two of the classic studies on this topic, the first conducted at the University of Limerick, Ireland, and the second conducted at the University of Wisconsin, Madison.

Strength and Endurance Research

In the first study, 41 subjects were divided into four groups: (1) control group, with no training; (2) endurance exercise only group, with four training days per week; (3) strength exercise only group, with three training days per week; (4) endurance exercise and strength exercise group, with five training days per week.

After eight weeks of training, the results revealed the following: (1) endurance exercise alone was effective for improving body composition and increasing cardiovascular endurance; (2) strength exercise alone was effective for improving body composition and increasing muscular strength; (3) combined strength exercise and endurance exercise was effective for improving body composition, increasing cardiovascular endurance, and increasing muscular strength.

However, the lower body muscular strength increases were significantly less for the subjects who performed both strength and endurance training. In the second study, 30 subjects were divided into three groups: (1) endurance exercise only group, with three training days per week; (2) strength exercise only group, with three training days per week; (3) endurance exercise and strength exercise group, with three training days per week (both exercises on the same days).

After 10 weeks of training, the results revealed the following: (1) endurance exercise alone was effective for improving body composition and increasing cardiovascular endurance; (2) strength exercise alone was effective for improving body composition and increasing muscular strength; (3) combined strength and endurance exercise was effective for improving body composition, increasing cardiovascular endurance, and increasing muscular strength.

However, unlike the first study, the increases in muscular strength were essentially equal for the strength exercise only group and the combined strength exercise and endurance exercise group.

Differing Study Results
So what is responsible for the different results attained in these two classic studies of concurrent strength and endurance training? Apparently, the difference is less related to the activity mode and more related to the overall exercise frequency. In the first study, the combined strength exercise and endurance exercise group performed some type of vigorous physical activity five days a week, leaving only two non-training days on a weekly basis. In the second study, the combined strength exercise and endurance exercise group performed vigorous physical activity only three days a week, leaving four non-training days on a weekly basis. Basically, participants in the second study has twice as many non-training days as the participants in the first study, which provided them more recovery time for muscle remodeling and strength building.

Concurrent strength and endurance training can be highly effective for improving body composition, muscular strength, and cardiovascular endurance. However, best results may be attained when strength exercise and endurance exercise are performed on the same day, three days per week, with four non-training days to facilitate developmental processes and physiological adaptations. If you prefer to perform some physical activity every day, I suggest doing strength training and higher-effort endurance exercise (such as running) on Mondays, Wednesdays, and Fridays, and doing lower-effort aerobic activity (such as jogging/walking) on Tuesdays, Thursdays, and Saturdays.

days. This exercise protocol should provide sufficient recovery time between your more demanding workouts for greater fitness improvements and reduced the risk of overtraining.

Activity Order

People who choose to perform concurrent strength and endurance exercise on a three-day-per-week basis typically ask which activity they should do first. We conducted research to determine if there were any differences in strength development based on activity order. Our 205 study participants were randomly assigned to perform 25 minutes of strength training followed by 25 minutes of aerobic activity, or to perform 25 minutes of aerobic activity followed by 25 minutes of strength training.

After 10 weeks of training, the subjects who always performed strength training first experienced an average strength gain of 16 pounds. The subjects who always performed endurance exercise first experienced a similar average strength gain of 15 pounds. Because we found no statistically significant difference in strength development whether strength training



WAYNE WESTCOTT

was performed before or after endurance training, we concluded that the order of performing strength exercise and endurance exercise may be essentially a matter of personal preference.

Wayne L. Westcott, Ph.D., is chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycolllege.edu

Q Pride Day Festival June 6 At Pageant Field

Quincy Pride will hold its annual festival at Pageant Field on Sunday, June 6, from noon to 4 p.m. with COVID precautions.

The team is looking forward to hosting an afternoon of different performances, equipped with food and beer trucks, community, and LG-BTQ+ vendor tables, raffle items, social-distanced activities, and some fun surprises.

Quincy Pride is a nonprofit/501(c)(3) that put on the first Quincy Pride Day in 2018. Traditionally held on the first Sunday of the Pride month (June in Massachusetts), the 2019 event attracted around 2,000 people. Due to the COVID-19 pandemic, last June's virtual event went along with a Pride flag display at the Church of Presidents to keep the momentum going.

After a Town Hall Event in March and the promising news that in person, outdoor gatherings can resume within reason and with precautions, Pageant Field will again be home for the Q Pride Day celebration.

Drag performances featuring some of the biggest

names in Provincetown and Boston, raffle items, live music and a DJ will go along with a family friendly puppeteer and some fun, Pride-themed contests this year. Masks are encouraged and hand-sanitizing stations will be spread out. Community nonprofit and vendor tables will be spaced out around the field and capped off at a reasonable number. There will be the first-ever Prideful Puppy contest with more details still in the works and awards for which vendor tables are the best decorated.

A volunteer organization that promotes LGBTQ+ inclusive, equality, and respect through this and other annual events in the City of Quincy and the neighboring South Shore communities. As of today's date, the Festival's corporate sponsors include Arbella, Bogan Tree, FoxRock, Manet Community Health Center, and Quirk.

If you would like to sponsor the event, donate a raffle item and/or host a vendor table, contact Sheika Babin (sbabin@quincypride.com) or Richard Ash (richard@quincypride.com).



BUTLER'S POND Photo Courtesy Friends of Butler's Pond

Friends Of Butler's Pond Plant Walk June 5

The Friends of Butler's Pond (www.butlerspond.org) invite the public to join the friends on Saturday, June 5th at 10 a.m. at Butler's Pond for a Plant Walk led by Jessica Cohn, a local

resident and ecologist.

The walk will consist of an approximately 45-minute in-person exploration of the pond, ecology, and identification of native and invasive plants. The walk

is suitable for all ages and those interested in learning more about plants.

Walk participants should come with a mask, closed toe shoes, and meet at the

corner of Merrymount Road and Marginal Road.

For more information email the Friends of Butler's Pond at butlerspond@gmail.com.

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NQ Electric Project Begins This Month

National Grid recently announced plans for an expedited construction schedule for a portion of its North Quincy Cable Replacement Project, a \$92 million investment to modernize and strengthen its electric transmission network in Quincy.

Over the past year, National Grid has worked closely with and received extensive input from municipal officials and other local stakeholders. The project will help improve safety and reliability and provide the area's transmission grid with greater operational flexibility, the company said in a statement. It will also improve the system's ability to support new customers, large and small, allowing National Grid to provide continued service for residents and businesses in the region.

The North Quincy Cable Project will replace the 115kV underground electric transmission cables located between National Grid's North Quincy Substation and National Grid's Field Street Substation. The existing cables are nearly 50 years old, and in recent years National Grid has made numerous repairs to ensure continued reliable delivery of electricity to

customers. The old cables will be replaced with new modern cables installed within a concrete duct bank and manhole system.

National Grid will begin construction activities during the week of May 17, with work taking place on Newport Avenue around Stratton Way, West Squantum Street, and a privately-owned parking lot on Newport Avenue Extension. Work was initially slated to begin in 2022, but National Grid sought a 2021 start while traffic levels are reduced because of COVID-19. The company will utilize a horizontal directional drilling construction method to install a conduit of about 1,800 feet in length between these two work sites, which will reduce traffic impacts to the greatest extent feasible.

This phase of construction is expected to be complete by the end of July 2021. All other construction will begin in 2022, with the full project completion expected by the end of 2023.

"The North Quincy Cable Project will improve our ability to serve our customers and allow us to support continued economic growth in Quincy and surrounding communities," said Tim

Cont'd On Page 35



NATIONAL GRID recently donated \$3,000 to the Houghs Neck Community Council. "After a terrible 2020 and a year of necessary gas work on Sea Street, NGRID approached myself wanting to give back to an area that had to be updated gas line wise," said Ward 1 Councillor David McCarthy. "We all knew this was both necessary and a huge safety initiative. We also all realized the inconvenience this can create. NGRID has been a great partner in Ward 1. Joe Carroll, the Community and Customer Management representative has been very responsive during this period of road work renovations and has responded to many of my requests for assistance in the past two years." From left to right are Joe Carroll, National Grid; Jimmy McCarthy, president, Houghs Neck Community Council; and Ward 1 Councillor David McCarthy. The donation will be used to assist the community in Houghs Neck.

Photo Courtesy David McCarthy

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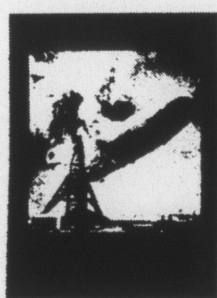
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Moments in time

THE HISTORY CHANNEL

- On May 31, 1859, the famous tower clock known as Big Ben, located at the top of the 320-foot-high Elizabeth Tower, rings out over London for the first time. At night, all four of the clock's faces, each one 23 feet across, are illuminated. A light above Big Ben is also lit to let the public know when Parliament is in session.

- On June 4, 1876, a mere 83 hours after leaving New York City, the Transcontinental Express train arrives in San Francisco. First-class passengers rode in beautifully appointed cars with plush velvet seats that converted into snug sleeping berths. Third-class passengers sat on narrow wooden benches.

- On June 5, 1922, George W. Carmack, the first person to discover gold along the Klondike River, dies in British Columbia. In 1896, near the confluence of the Yukon and Klondike River, Carmack stumbled across a deposit of gold so rich that thumb-sized pieces of gold lay scattered along the creek bed.

- On June 6, 1933, eager motorists park their automobiles on the grounds the first-ever drive-in movie theater, in New Jersey. Inventor Richard Hollingshead had come up with the idea in his driveway with different projection and sound techniques.

- On June 2, 1953, Queen Elizabeth II is formally crowned monarch of the United Kingdom in a ceremony steeped in traditions that date back a millennium.

- On June 3, 1965, 120 miles above the Earth, Major Edward White II opens the hatch and steps out of the Gemini 4 capsule, becoming the first U.S. astronaut to walk in space. Attached to the craft by a 25-foot tether, White remained outside the capsule for 20 minutes.

- On June 1, 1980, CNN (Cable News Network), the world's first 24-hour television news network, makes its debut. CNN signed on at 6 p.m. EDT from its headquarters in Atlanta.

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Having toads on your property is very beneficial. They prey on insects, slugs and snails. While not as closely tied to the water as frogs, they still need a moist place to live, often making their homes under boards, porches, loose rocks, and tree roots. You can provide a "toad cave" in your garden by laying a clay pot on the ground on its side, and burying the lower half in the soil, or setting a clay pot upside down on the ground, and dig the earth away from its edge in one spot, forming a small tunnel for the toad to access the inside of his new home.

- Brenda Weaver

Source: gardeningknowhow.com

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QC Should Join Association Of Community Colleges

Let's consider the interests of students first when deciding the fate of Quincy College! From this perspective, we'd see the best option is joining Quincy College to the state system. Becoming part of the Association of Community Colleges would make higher education more affordable and a four-year degree more accessible to Quincy students.

I learned about the incredible benefits offered by community colleges when advising youth applying to college. Community college is cheaper and students with an Associate's Degree can gain direct entry into four-year degree programs through the MassTransfer Program. In addition, students receive discounted tuition choosing from one of three pathways offering savings of 11%-40% off the cost of a Bachelor's degree. Check out this website for more information: <https://www.mass.edu/masstransfer/tools/savings>.

READERS FORUM

asp.

Unfortunately, Quincy College students can't access these benefits because the school isn't part of the state system. Quincy College students not only miss out on the MassTransfer Program, but also pay more in tuition! According to the U.S. Department of Education Scorecard, the average yearly tuition for Quincy College is \$6,190 vs. \$5,160 for Massasoit Community College—30% higher. Let's make pursuing a degree in higher education easier and more affordable for Quincy students by making Quincy College part of the community college system.

Jorgette Theophilis
Quincy

MCAS Tests And Parental Rights

Dear Quincy Sun Editor,

I'm writing to inform parents in the community whose children attend the Quincy Public Schools about their rights regarding refusing to allow their children to be subjected to the high stakes MCAS tests.

Now that most students have returned to school full-time, they are being subjected to the stress of having to take the high stakes MCAS exams, and those who are still attending remotely are going to be taking these exams online from home. Many educators believe that this was the main reason for the state mandate for all the districts to fully reopen the schools this late in the year. The governor and education commissioner like to say it was about student mental health, but if that's true, why stress students out with a giant test almost as soon as they return to school full-time? They also like to say it was about measuring "learning loss," but why suspend instruction during the limited time we're back full-time in order to administer tests? Why not give them some learning time instead?

Apart from generating profit for test-preparation companies like Pearson and for providing a mechanism to rate, rank, and privatize public schools, these tests have always been useless. MCAS tests are administered in the spring, and results are not released until the next school year when the students are with new teachers in another grade or even in another school. And in schools where there are high numbers of ELL and low-income students, MCAS prep can drive almost all of the curriculum, crowding out opportunities for critical and creative thinking, research projects, art and music, independent reading, and much more. There are much better ways to measure student learning than a high stakes, high stress standardized test given to students year

after year!

Most educators would like to see these tests gone forever, and this pandemic school year, it's absolutely absurd that the tests are being administered at all.

But the good news is that it's not too late for parents to opt their children out of any upcoming MCAS tests! State law says that schools have to administer the tests, but the law does not state that students have to take them.

In order to opt your child or children out of MCAS, you can speak to your child's principal in person or send a letter to the principal saying you do not want your child to take the state test. It can be as simple as:

"I have asked my child, [NAME], not to take part in [NAME TEST] this year. Please arrange for my child to have a productive educational experience during the testing period."

If your school requires the student to personally refuse the test, give your child a note to read to the proctor that says something like this: "My [mother, father or guardian] told me not to take this test."

For more information about your rights as a parent to opt your children out of MCAS, how it impacts the schools, and more, visit Citizens for Public Schools website at citizensforpublicschools.org. If enough parents opt out this year, we may be able to start a movement to eliminate this abusive, useless system of high stakes testing once and for all.

Sue Doherty
Quincy

More Readers Forum On Page 5

AARP Encourages Residents To Participate In Emergency Broadband Benefit Program

AARP Massachusetts is encouraging residents who are without access to high-speed internet, or struggling to afford it, to look into the recently launched Emergency Broadband Benefit (EBB) program.

The EBB is a \$3.2 billion Federal Communications Commission (FCC) program to help Americans access the affordable, high-speed internet they need during the COVID-19 pandemic.

"The pandemic has shown our reliance on high-speed internet," said AARP Massachusetts State Director Mike Festa. "But too many Bay State residents are being left behind. Patients navigating telehealth, students learning remotely, and loved ones staying connected with family members by video chat are only a few of the critical tasks that require a high-speed connection."

Under this short-term program, Massachusetts residents may be eligible for a discount on their high-

speed internet service of up to:

- \$50/month discount for high-speed internet services.
- \$75/month discount for high-speed internet services for households on Tribal lands.

- A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider

This past year, many Bay Staters experienced financial setbacks and have struggled to get by, which could qualify them for the

program. Residents may be eligible for the EBB if they:

- Qualify for the Lifeline program, as well as those who participate in certain federal assistance programs, such as Medicaid, SNAP, and SSI benefits.

- Experienced a substantial loss of income since February 29, 2020, and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers.

- Meet the criteria for a participating internet provider's existing low-income

or COVID-19 program.

Eligible households will enroll through participating broadband providers.

"Helping older adults get and stay connected to high-speed internet is a key area of focus for AARP," said Festa. "That is why AARP fought hard for the EBB Program at the federal level and here in Massachusetts."

For more information about EBB, visit aarp.org/EBB, text INTERNET to 22777 or call 1-833-511-0311.

AAA: Massachusetts Gas Prices Up Five Cents

Massachusetts's average gas price is up five cents from last week (\$2.86), averaging \$2.91 per gallon. Monday's price is 18 cents higher than a month ago (\$2.73), and 96 cents higher than May 17, 2020 (\$1.95). Massachusetts's average gas price is 13 cents lower than the national average.

AAA forecasts 34 million Americans to take a road trip 50 miles or more from home Memorial Day

weekend to celebrate the unofficial kickoff to summer. That is a 52% increase compared to last summer, but nearly 9% below pre-pandemic levels in 2019. Regardless, motorists will be met with the most expensive gas prices since 2014.

"This is going to be an expensive summer for motorists. However, we do not expect it to deter travelers from hitting the road. AAA finds that despite the higher

pump prices, Americans still take their road trips but just may not travel as far as originally planned or go to their planned destination and spend a little less," said Mary Maguire, AAA Northeast Director of Public and Government Affairs.

AAA Northeast's May 17 survey of fuel prices found the current national average to be 8 cents higher than last week (\$2.96), averaging \$3.04 a gallon.

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Scenes From Yesterday



Interior View — Baker Clothing Store
1550 Hancock Street
Quincy, Mass.

THIS IS A 1940s postcard showing the interior of Baker's Clothing Store at 1550 Hancock St. in Quincy Center. Baker's was a landmark Quincy men's store for almost 40 years. Starting out on School Street in 1926, Al Baker moved to Hancock Street in the 1930s occupying this store from 1934 until closing in the late 1950s. When it closed, there were over a dozen other men's clothing stores in the Square. Some of them that were popular were: Beebe's, Dale's, Donaher's, Markson Bros.,

Milton's, Richman's, Sawyer's, Whiteman's, Howard Clothes, London Clothes and of course Remick's men's department. Only Milton's, which moved to Braintree, is still in business. After Baker's closed Standard TV used this store for several years. The building was demolished in early 2020 to make way for the Cliveden Street extension project which connects Burgin Park-way to the municipal garage.

From the Tom Galvin Postcard Collection

READERS FORUM

Suggests New Text For Merrymount Settlement Stone

(Editor's note: A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear Mayor Koch and Commissioner Murphy,

As a Quincy resident and homeowner since 2009, I am supportive and thankful for the investments your administration has been making in the city. I am thrilled in particular with the improvements downtown and the constellation of entry points around Quincy, such as the corner of Sea Street and Quincy Shore Drive. The intersection looks fresh and beautiful while hope-fully improving safety for drivers and pedestrians at an intersection that is busy all day long. The new street lights, rock wall and side-walks are well planned and executed and will make a welcoming entryway into Quincy Center for many. As a resident of Merrymount, once the pandemic is over I look forward once again to walking through each day on my way to the T station for work.

Across Sea Street, just a short distance away is Passanageset Park at Broad

Meadows Marsh, another project that resulted from your leadership. It is peaceful and green and the trails are well kept. I love to take occasional walks there. As you well know, you encouraged and supported the placement of a handful of interpretive displays explaining the history of the first peoples who lived here for thousands of years and whose descendants became the Masschuset people. I believe the signs were the product of a group of Quincy students who took the time to research the long history of the area - back to the time before there was a Quincy or a Merrymount. They are a wonderful and informative addition to the walking trails.

These signs remind us that while Merrymount might have been the first European or colonial settle-

ment in Quincy, surely it wasn't the first. And yet within the beautiful new landscaping at the corner of Sea Street and QSD there is a large stone at the intersec-tion naming the neighbor-hood— "Merrymount, First Settlement, 1625."

I am writing to ask that we consider replacing the large stone at the inter-section of Sea Street and Quincy Shore Drive with a similar stone with new text. I suggest we simply remove "first settlement" in recogni-tion of the many thousands of years of history of those who have made a home here. I think it would also be wonderful to add an inter-pretive display to the corner, similar to what the students developed with your gener-ous support at Passanageset Park.

I understand that this change is not without some

cost. As a community I be-lieve it is worth the invest-ment. There is so much to be proud of and to cel-ebtrate here in Quincy. Our written history, our monu-ments, community events, and our public spaces are what makes Quincy a co-hesive community. What also makes us unique is that there are people from all backgrounds and cultures living today in Quincy, from many countries and even those who are descendants of those who first lived here.

This request might seem too minor to be important, but as a symbolic gesture it will speak volumes about, and help reinforce, your commitment to making Quincy a welcoming and inclusive community for ev-eryone.

Many thanks for your consideration!

Tim Glynn-Burke
Quincy

Quincy's Yesterdays

This Week
1963
58 Years Ago

City Council OKs Parking Project

Mayor Amelio Della Chiesa said that he will expedite the half-million dollar Quincy Center Development project authorized by the City Council.

By a vote of 7 to 2 the council approved taking and loan orders that will provide for both the expansion in off-street parking facilities and the opening up of the traffic bottle-neck at the easterly end of Granite Street at the northerly approach to the Ross Parking area.

Only Councillors George G. Burke and Richard W. Barry voted against the proposal.

The project included the addition of 161 parking spaces between Granite St. and the Hancock Cemetery as well as the widening of Granite St. between Hancock St. and Up-land Rd. (Editor's note: The parking area would be named after Walter Albert Della Chiesa, Mayor Della Chiesa's son, a graduate of West Point, who was lost when his plane crashed off Okinawa on the first day of the Korean War.

COUNCIL APPROVES CHANGES IN PARKING REGULATIONS

Changes in parking regulations recommended by a spe-cial parking meter committee headed by Councillor George Burke and including Councillors Carl W. Anderson and James S. McCormack were passed by the city council and sent to the mayor.

The committee recommended that parking meters be re-tained in the parking areas for the time being.

Other recommendations included increasing the cost of all day parking in the Upland Road and Adams Academy lots from 25 to 50 cents, as well setting up the 100 meters in the Hancock Parking Lot for three hour limits to assist shoppers.

QUINCY-ISMS

Rev. James J. Flavin, OMI, son of Mr. and Mrs. James J. Flavin, 39 Neponset Rd., Merrymount, will be ordained into the priesthood May 31 in Washington, D.C., in the pres-ence of many members of his family... **First National Stores** was offering "Richmond Coffee, 3 lb. bag for \$1.39, a sav-ing of 20 cents... **Quincy Veterans Council Commander Francis S. MacKenzie** and **Charles N. Ross**, Chairman of the Memorial Day exercises, announced that a reception and military ball featuring the Black Watch Royal Highland Regiment from Canada will be held at the Quincy Armory, May 28th at 8 p.m.... **Anthony Lordi** was elected president of the John Adams Eagle Aerie at a recent meeting at the Eagles Home, 47 Massachusetts Ave., Quincy Point... **Mayor Della Chiesa** named four Quincy residents to the Council for the Aging: **Mrs. Louis Berkowitz**, 150 Butler Rd., **Dr. Fred A. Barlett**, 308 Beale St., **Clarence Metcalf**, 1 Oli-ver St., **Harry Whin**, 148 Spring St.... **Quincy Patrolmen Neil MacDonald** and **Frank Carullo** played cowboys, las-soing a horse that had gotten loose from the Randolph Rid-ing Academy in West Quincy... **Mrs. Theodore DeCristo-faro** was elected president of the Thomas B. Pollard School PTA at the group's final meeting of the school year. **Mrs. Marilyn Reisberg** and **Mrs. Rudy Orbach** were elected vice presidents... **Mayor Della Chiesa** cut the ribbon to formally open the new senior citizen drop-in center on High School Ave. The center was formerly the Spanish War Vet-erans Hall... **Jack Lemmon** and Quincy-born actress **Lee Remick** were appearing in the movie "Days of Wine and Roses" at the Wollaston Theater, Beale Street. (Remick was nominated for the Academy Award for Best Actress for her portrayal as Lemmon's alcoholic wife in the film. The Oscar went to Anne Bancroft in "The Miracle Worker.")... **City Council President Charles L. Shea** was the guest speaker at a meeting of the South Shore Branch of the Massachu-setts Retired Police and Firefighters Association... **Hanlon's Shoe Store**, 27 Cottage Ave., Quincy Center was offering a sale on Barefoot Sandals, Our Low Price \$4.95... **Judge Paul C. Reardon**, of Quincy, an associate justice of the State Supreme Court, was the guest speaker at the annual meeting of the Women's Auxiliary to the Massachusetts Medical Society. He spoke on "The Law, the Physician and His Wife"... **Retiring Supt. of Schools Dr. Paul A. Gos-sard** announced that the school committee will select a new Superintendent of Schools at its next meeting. Six candi-dates are in the running and have been interviewed by edu-cational consultant Dr. Herold Hunt. (Editor's note: Robert Pruitt was elected Superintendent of Schools by the school committee.)

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Grace O'Shea On Dean's List

Grace O'Shea of Quin-cy has been named to the dean's list for the spring se-mester Belmont University in Nashville, TN.

M
A
Y

Mother's Celebrate One Another For Mother's Day At The Y

Nobody knows the struggles that mothers face better than other moms. Which is why, for over 20 years, groups of local mothers have worked with the South Shore YMCA's Germantown Neighborhood Center to host a special Mother's Day event to show support and gratitude for the vital role moms play in strengthening family and community.

Led by the generosity of longtime Y supporter and board member, Kathie McDonough, this year's event brought a "ray of sunshine" to 60 Quincy mothers through a family meal and desserts catered by The Chef's Table in Marshfield. In addition, longtime Y volunteers Melanie Cataldo and Mia Rochte assembled and distributed Mother's Day gift bags including jewelry and sunglasses donated by Talbots.

"For years, the South Shore YMCA Germantown Neighborhood Center has hosted a Mother's Day Dinner where families in our community can enjoy a meal that moms don't have to cook themselves," said Phil Gay, South Shore YMCA Community Outreach Director. "For the past two years, due to COVID-19, we could not gather and share a meal together. So, our volunteers got creative and hosted a curbside pick-up event where we can thank these moms in person and show them how much we care."

Volunteers Jenny Pack-

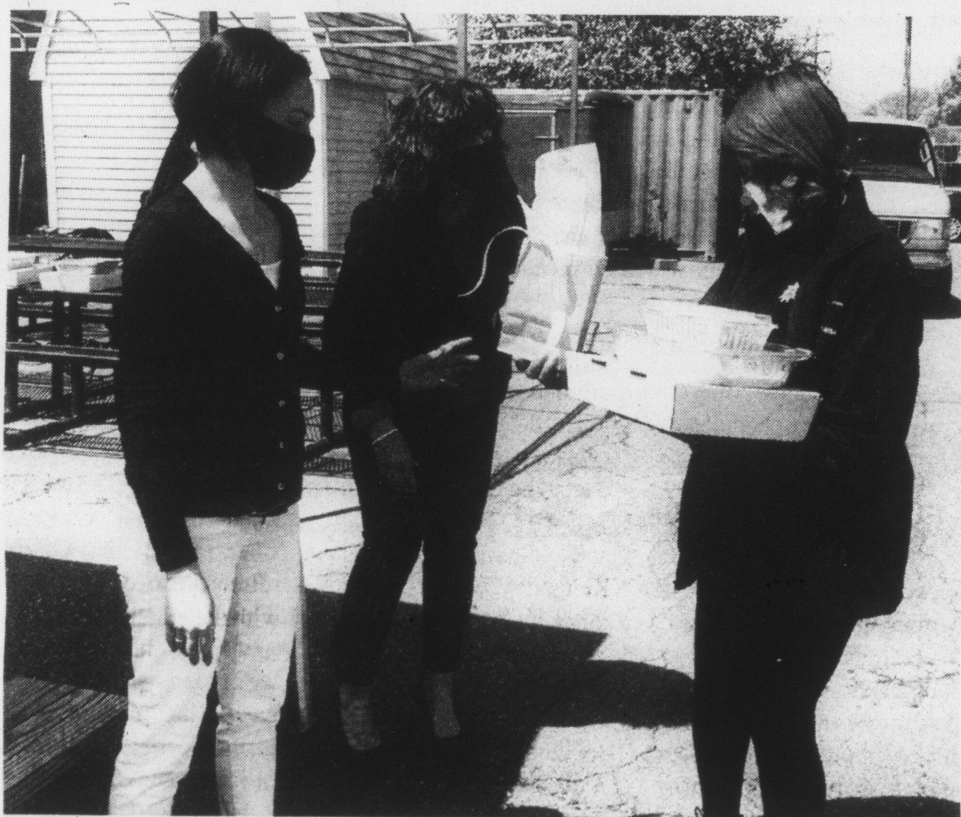
ard, Karen Fanning, Melanie Cataldo, PJ Bernstein, Amanda Tanburno, and Mia Rochte, all mothers themselves, coordinated this event with the Y because they felt strongly that mothers must support one another within our community.

"COVID-19 has been difficult for everyone," said longtime Y volunteer Melanie Cataldo, who helped lead this event. "We know that these moms are working harder than ever to feed their families, educate their kids and keep it all together. We just want them to know that they are truly appreciated."

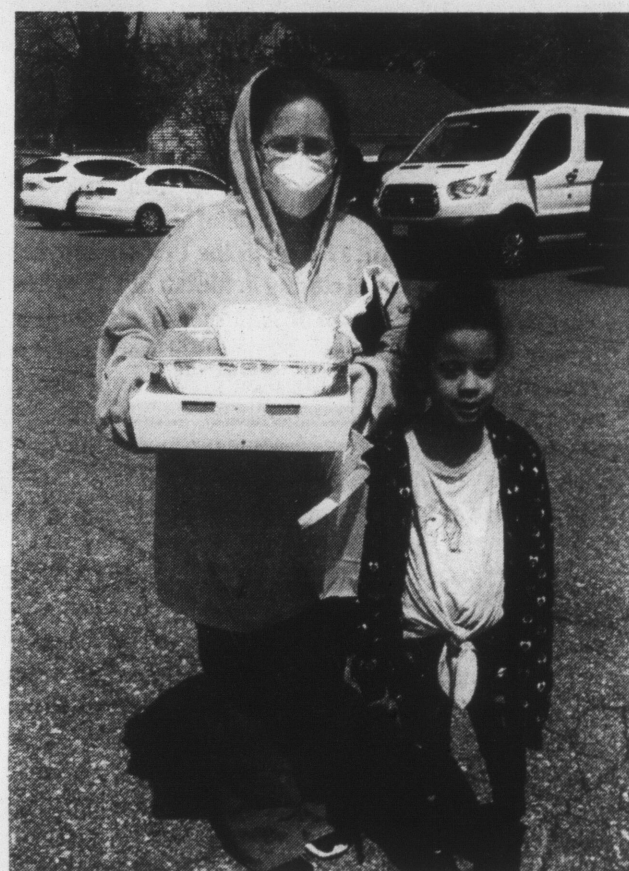
"A lot of these moms don't have support," said Phil Gay. "This is our way of saying 'thank you' to



VOLUNTEERS AND STAFF celebrate Quincy Moms at South Shore YMCA Germantown Neighborhood Center. From left to right: South Shore YMCA Community Outreach Director Phil Gay, Quincy YMCA Associate Executive Director Katelyn Szafir and volunteers Jenny Packard, Karen Fanning, Melanie Cataldo, PJ Bernstein and Amanda Tanburno.



YMCA VOLUNTEERS distribute meals and gifts to moms for Mother's Day at Germantown Neighborhood Center. Photos Courtesy YMCA

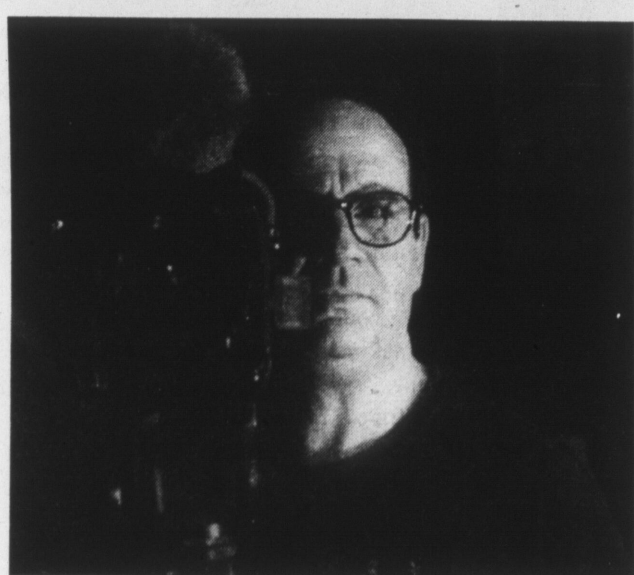


Quincy Native's Debut Short Film 'Blacksmith' Reaches Its 30th Country Worldwide

Quincy native Frank DiCesare announces his award-winning short film "Blacksmith" has now been streamed in more than 30 countries and territories around the world.

According to analytics from the film's distributor, Filmhub, the 16-minute poetic documentary about Blacksmith Rob Flurry of Beaumont, Texas, reached the milestone in March 2021, with new streamers in countries located in the Balkans, Central and South America, Western Europe, North Africa, the Caribbean, and Oceania. "Blacksmith" is the first film from DiCesare and his production company, Oskar Films.

"Reaching streamers in more than 30 countries and territories around the world has been a humbling experience for me and everyone involved in the production of 'Blacksmith,'" said DiCesare, who is president & CEO of Oskar Films in Sarasota, Fla. "We are grateful for all of our viewers all over the world and our sponsors who have helped



FRANK DICESARE

make "Blacksmith" the online success it is today."

The news comes month after DiCesare launched his new website, www.oskarfilms.com to promote "Blacksmith" and his future films. Oskar Films is currently in production on a new, short, poetic documentary, "Gardens of Life," which is being shot entirely on Kodak Super 8 film. "Gardens of Life" has been registered with the Writer's Guild of America.

Since its online debut on

May 5, 2018, "Blacksmith" has been viewed by short film lovers in 32 countries and territories around the world. To date the film has been streamed in the United States of America, Canada, the United Kingdom, Faroe Islands (North of Scotland), Ireland, Iceland, Finland, Norway, Sweden, Denmark, Germany, Czech Republic, France, Spain, Namibia, South Africa, Japan, Bosnia and Herzegovina, Azerbaijan, Bulgaria, The Philippines, Australia, New

Zealand, Fiji, Algeria, Brazil, Barbados, Costa Rica, Chile, Bermuda, Antigua and Barbuda, and Grenada.

In 2018, "Blacksmith" won the Special Jury Remi Award at 51st WorldFest - Houston International Film Festival. The festival's award is given to films that score in the top 4 percent in a particular category. "Blacksmith's" award was in the category of short documentary (under 60 minutes).

According to WorldFest's website, previous Remi Award winners include Steven Spielberg, Francis Ford Coppola, George Lucas, Brian De Palma and Ridley Scott. The award is named for American artist and sculptor, Fredrick Remington.

Produced in conjunction with Lamar University, "Blacksmith" highlights the work of Rob Flurry, the resident blacksmith at the Spindletop-Gladys City Boomtown Museum (<http://www.lamar.edu/spindletop-gladys-city/index.html>) in Beaumont, Texas. Unlike

in the media today, Flurry's craftsmanship is that of the old-school artisan - no expensive equipment; no modern forge in which to work. Instead, Flurry relies solely on nature's elements of fire, iron, air, and water (along with his own strength) to

hammer out beautiful creations within the smoky furnace of his shop.

"Blacksmith" can be rented at <https://www.oskarfilms.com/films-for-streaming>. All online transactions are safe and secure through Square or PayPal.



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Social

Jackie Andrade Selected To Attend MA HOBY Leadership Seminar

Jackie Andrade of Quincy and a sophomore at the Woodward School was selected to attend the MA HOBY Leadership Seminar held May 1 and 2. Due to the COVID-19 pandemic, Andrade was joined virtually by 215 other high school leaders from across the state of Massachusetts.

Each spring, the MA HOBY Leadership Seminar hosts sophomores from public and private high schools who have been selected to convene for one weekend to recognize their leadership talents and to provide them with the tools to become effective and ethical leaders. Student participants (known as HOBY Ambassadors) take part in hands-on ac-

tivities, hear powerful presentations from innovative and passionate speakers, and explore their own personal leadership skills while learning how to lead others and make a positive impact in their community.

At the end of their seminar, MA HOBY Ambassadors are challenged to give back by serving at least 100 volunteer hours in their communities. Students who complete the Leadership for Service (L4S) Challenge within 12 months of their seminar are eligible for the HOBY L4S Challenge Award and the President's Volunteer Service Award. Alumni who log 4,000 hours of service receive the President's Call to Service

Award from HOBY. To date, HOBY Ambassadors have performed over 3 million hours of volunteer service in their communities.

For further information about MA HOBY programs and sponsorship opportunities contact Gail Elmore, president of MA HOBY, at gail.elmore@outlook.com. Also, for more information, visit www.hobyma.org. Or "like" Massachusetts HOBY on Facebook at <https://www.facebook.com/HOBYMA> and follow the organization on Instagram @ma_hoby and Twitter @mahoby. Massachusetts HOBY is a year-round organization and hosts an activity every month.

Spring Concert Series At The Eustis Estate: Macayú Trio

The Eustis Estate will host the first of three outdoor spring concerts on its expansive lawn on Sunday, May 23, presented with Mandorla Music. Enjoy great music in a peaceful, beautiful setting on this historic estate.

Macayú Trio's music lives at the intersection of cultures and continents. Bold and spirited improvisers with a refined chamber music sensibility, Yulia Musayelyan (flute), Catherine Bent (cello), and Maxim

Lubarsky (piano) weave a sonic tapestry of the Americas, Middle East, and Eastern Europe.

The concert begins at 5:30 p.m. and advanced tickets are required and will be limited. The tickets are \$15 for Historic New England members and \$20 for nonmembers.

Guests must wear masks on the property and maintain six feet of distance from other parties. Chairs will be provided, but you may bring your own. Food and alcohol

are not permitted.

Performances may be canceled or rescheduled due to rain.

Call (617) 994-6600 or visit <https://my.historicnewengland.org/11513/eus-macayu> for more information.

The Eustis Estate is located at 1424 Canton Ave., Milton.

The program is supported in part by a grant from the Milton Cultural Council, a local agency supported by the Mass Cultural Council.

Registration Starts May 31 For Quincy Track Club

The Quincy Track Club will begin its 48th season Monday, June 7.

Registration for boys and girls 5-14 from Quincy and surrounding communities will begin Monday night May 31st at the Quirk Field House at the Faxon Track Complex, corner of Russell Park and Southern Artery.

Registration nights will

be May 31 and June 1-4 from 6 to 8 p.m. The program will run Monday through Thursday until July 29th.

The club will host the Frank Kelly Meet Friday night July 30th. All activities will take place at Faxon Track Complex.

Nightly sessions will run 6:15 to 7:30 p.m.

Cost is \$80 per child with a \$160 family cap.

For more information contact Director Geoff Hennessy at 617-510-1456 or QuincyTrackClub74@gmail.com or Instagram @Henndog89.

Dorothy Laing Memorial Spring Flower Sale Saturday At Sea And Rockland Streets

The annual Dorothy Laing Memorial Spring Flower Sale sponsored by the Houghs Neck Community Council will be held Saturday, May 22 from 10 a.m. to 1 p.m. at the corner of Sea and Rockland Streets, Houghs Neck.

The sale will feature flats of annuals (pansies, petunias, impatiens, zinnias, dahlias, cosmos, snap drag-

ons, marigolds) and more. There will also be perennials including tomatoes, geraniums, hanging plants and pouches.

Those unable to stop by at the sale May 22 can visit E & T Ceramics, 367 Billings Rd., Wollaston during the week after the sale from 9 a.m. to 2 p.m.

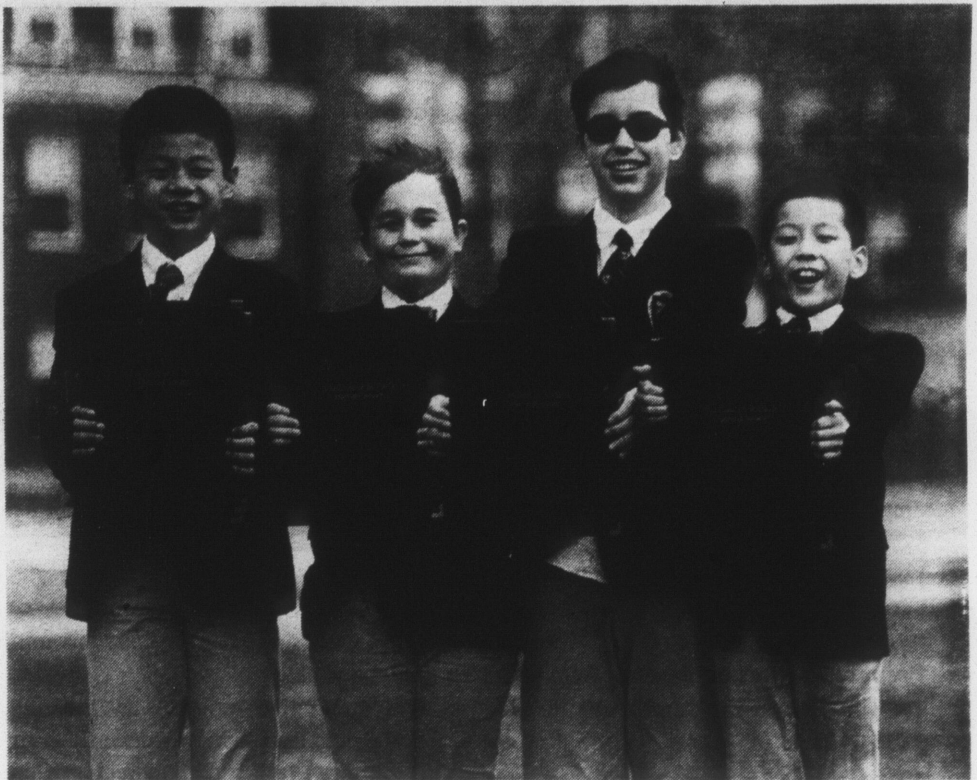
For more information call 617-479-4107.

Maeve McDonald Recognized For Exceptional Service, Leadership

In recognition of their commitment to service, 19 members of the Class of 2021, including Maeve McDonald of Quincy, have been awarded the prestigious Crown & Shield Award, which honors students who have demonstrated exceptional leadership and service during their four years at Assumption.

Students were honored during a virtual ceremony on May 6, three days before the University held its 104th Commencement exercises at the DCU Center in downtown Worcester.

"The Crown & Shield Award recipients embody the essence of leadership



SAINT PAUL'S CHOIR School students Michael Lou of Cambridge, Clemens Ehrhardt of Belmont, Higor Fontoura of Cambridge and Isaac Tsang of Quincy.

Photo Courtesy Julia Monaco Photography

Saint Paul's Choir School Premieres Springtime Concert Film May 28

Delivering musical hope, Saint Paul's Choir of Men and Boys premieres its digitally recorded performance of Songs of Springtime, an uplifting choral music concert celebrating the joys of spring, available for ordering and viewing on Friday, May 28.

The performance is conducted by Saint Paul's Choir School Director of Music and Choirmaster James Kennerley, with accompaniment by Assistant Director of Music Maks Adach on Saint Paul's majestic pipe organ. Bass-baritone soloist Jonathan Woody is featured. Contributions to stream the film begin at \$25, available at bit.ly/songsofpringtime.

"Having the opportunity to present the North American premiere of 18th-century composer Manuel de Zumaya's villancico *Quien es aquella* is particularly exciting, further fortifying our range of music reflecting the diversity and richness of our community," shares Kennerley, who eagerly expressed his optimism for the ensembles and their sound. "Nothing celebrates all that

is good, true and beautiful about Saint Paul's Church and Choir School more than the sound of the boys' voices ringing throughout our magnificent church acoustic."

A socially distant and safely recorded performance, Songs of Springtime instills hope through angelic chorister voices performing a thrilling and diverse hour-long program in Saint Paul's Church's sublime acoustic setting. The concert opens with the grand, stirring, melody-filled anthem *Hear my words, ye people* by English composer Charles H. Parry, featuring sections showcasing the boy choristers and double choir, and a rousing organ accompaniment, concluding with the hymn, *O praise ye the Lord*. A selection of music follows, honoring the month of May in its traditional Catholic observation, devoted to the Virgin Mary, and broadly recognizing mothers worldwide. Pieces drawn from the great Mexican tradition of choral music include the North American premiere of Manuel de Zumaya's poetic

Quien es aquella. Works by celebrated Irish composer, Elizabeth McConchy and Black American composer R. Nathaniel Det are performed in observation of the school's ongoing commitment to supporting diversity, equality and equity. The concert concludes with the popular Eastertide song cycle *Five Mystical Songs* by Ralph Vaughan Williams, with poetry by George Herbert, featuring acclaimed NYC baritone soloist Jonathan Woody, along with rousing organ accompaniment. The final movement, *Let all the world in every corner sing*, raises the roof!

Access to the Songs of Springtime performance begins May 28 via donation at bit.ly/songsofspringtime. The performance is viewable on YouTube and Vimeo, where it can be streamed on most devices, including smart TVs, Amazon Fire Sticks, Chromecast, AppleTV and Roku via YouTube and Vimeo apps through desktop, laptop and tablet devices or smartphones.

witnessing the impact they will have long after graduation."

Crown & Shield Award recipients are nominated by faculty, staff and administration for their exemplary service and leadership. McDonald graduated with degrees in secondary education and English. McDonald, an Augustine Scholar and SOPHIA Collegian, served as a Peer Ministry co-coordinator; student coordinator of the Good Grief support group; on the Campus Ministry Student Leader Council as a lector and Eucharistic minister, Horizon Retreat rector, SEARCH and START Retreat team

member, and Senior Retreat Junior Helper; a Reach Out Center volunteer; Admissions Ambassador; and Residence Hall Council secretary. Her nominators praised her "bright intellect, maturity of faith and desire to include people with various points of view" and of their "deep admiration for the ways in which she has protected and furthered the interests of the student body and the University in the various areas of leadership and community service to students and others."

McDonald will pursue her master's degree at the Boston College Urban Catholic Teacher Corps program.

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Molasses Corn Muffins

By MARIE

I think that between me and my family we have made every kind of muffin that there is. Or as least I thought we did.

However, last week I found today's recipe in a cookbook that was very different and delicious. It has molasses and yellow cornmeal – what a wonderful combination this creates as you will note.

Prepare a muffin tin and line with muffin tin liners. Pre-heat oven to 375 degrees

DIRECTIONS AND INGREDIENTS

½ cup butter
½ cup of sugar
2 eggs
½ cup molasses

1 cup milk
1 cup all-purpose flour
3 teaspoons baking powder
½ teaspoon of salt
1 cup yellow cornmeal
1 and ½ cups whole bran (you can use the Bran cereal)

Cream butter and sugar together. Add the eggs one at a time and mix until well blended.

Add the ½ cup of molasses and the milk. Add the flour, baking powder, salt, cornmeal and bran (all dry ingredients) to the creamed mixture stirring until well-blended.

Fill the lined muffin tins 2/3 full and bake 22 minutes until done.

Test with a toothpick before removing from oven.

Eggs Baked In Avocados

By SUZIE

It's usually a no-no to cook an avocado, since it is meant to be eaten raw and normally sliced in a salad or made into guacamole... but get ready for a heart healthy, fiber, protein, and healthy fat kind of breakfast!

This will keep you satisfied and not missing the bread. I like this with salsa and I also add a side of a fermented vegetable, such as kimchi or sauerkraut which are available in the refrigerated section at health stores.

RECIPE

2 ripe avocados
4 fresh eggs
Pepper
Sea salt to taste
1 tablespoon chopped chives, parsley, or any other herbs of choice

Directions:

Preheat the oven to 425 degrees.

Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center.

Place the avocados in a small baking dish. Do your best to make sure they fit tightly.

— EGGS —
BAKED IN AVOCADO



Crack an egg into each avocado half. Try your best to crack the yolk in first, then let the egg whites spill in to fill up the rest of the shell.

Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set. Season to your liking. Enjoy!

DOVE, Inc. Receives \$1,000 Grant From Harvard Pilgrim Health Care Foundation

Harvard Pilgrim Health Care Foundation has announced that DOVE, Inc. of Quincy was awarded \$1,000 from the Foundation's Community Spirit 9/11 Mini-Grant program.

Alice Gakuo and Kristene George, employees of Harvard Pilgrim Health Care, nominated the organization for the award. Funds will be used to purchase food, toiletries and cleaning supplies to provide to families and victims of domestic violence.

To commemorate those Harvard Pilgrim members who lost their lives on September 11, 2001, Harvard Pilgrim and the Foundation created the Community Spirit 9/11 Mini-Grant program. This program allows each Harvard Pilgrim

employee to award a \$500 grant, completely funded by the Foundation, to the local charity of his or her choice each calendar year. Since this community grants program began in 2002, Harvard Pilgrim employees have directed more than \$7 million to thousands of organizations throughout Connecticut, Maine, Massachusetts, and New Hampshire.

"We are so fortunate to have generous and engaged employees who enrich our organization and the communities in which we all live and work," said Karen Voci, president of the Harvard Pilgrim Health Care Foundation. "The Mini-Grant program is a wonderful way to support our employees as local philanthropists and to

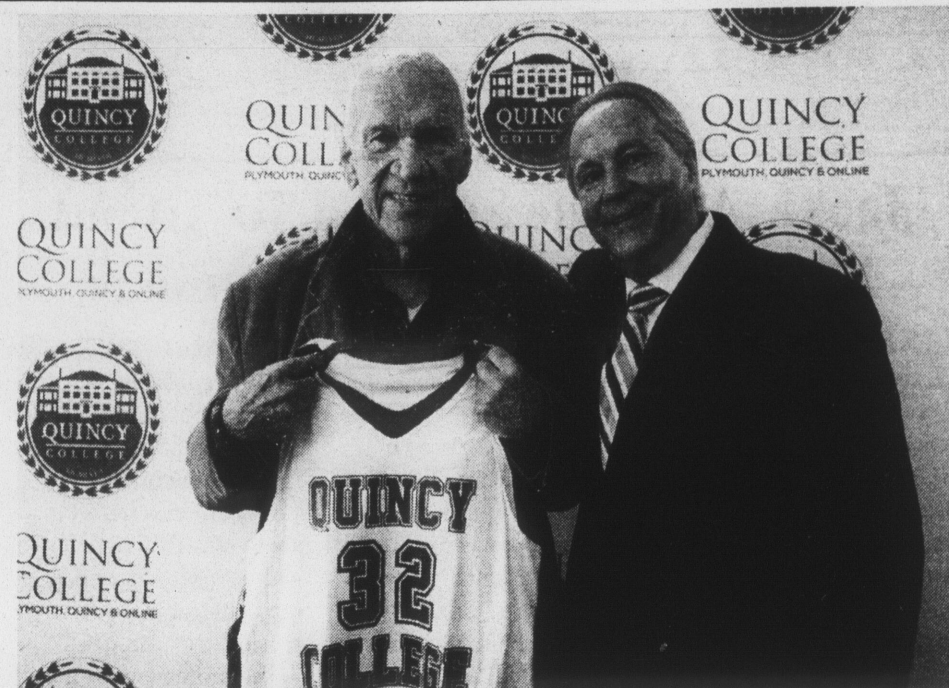
help them make an impact in their own communities."

In 2020, 95% of Harvard Pilgrim employees participated in at least one form of service or giving through volunteering, the Mini-Grants program, or Harvard Pilgrim's annual Employee Fundraising Campaign.

Stop & Shop Cure Childhood Cancer Campaign Raises \$3.1M

Stop & Shop's annual 'Help Cure Childhood Cancer' campaign raised a record-breaking \$3.1 million for pediatric cancer research and care at Memorial Sloan Kettering Cancer Center (MSK) and Dana-Farber Cancer Institute.

Stop & Shop will donate additional funding to the campaign, bringing the total donation to the hospitals to



QUINCY ATTORNEY George Burke (left) recently made two donations to Quincy College totaling \$12,000. With him is College President Dr. Richard DeCristofaro. One donation for \$2,000 will be used to purchase new uniforms for the Quincy College Granite men's basketball teams. Photo Courtesy Quincy College

Quincy College Receives Donations From Attorney George Burke

Quincy College announces it has received two donations from Quincy attorney George Burke.

Burke has been a strong supporter of many programs to support the City of Quincy through the years, particularly educational programs and many youth initiatives and organizations. He recently donated \$10,000 to the college to provide additional support to students at this time.

"This gift means a great deal to student life during the pandemic. So many students are finding that they need additional support—financial, academic, and emotional," said Meghan Cassidy, associate vice president of Student Success and Partnerships.

With so many citizens in need locally and around the country, it might be difficult for donors to decide where to focus their funds. For Attorney Burke, the choice was not difficult, as he has always been charitable to the city he grew up in and still works and resides. He takes great pride in supporting many endeavors throughout Quincy.

In addition to the \$10,000 financial award, Attorney Burke also purchased \$2,000 in new uniforms for the Quincy College Granite men's basketball team.

Burke who is a former city councilor, state representative, and former Norfolk County district attorney, was also a Hall of Fame Basketball player at

UMASS Amherst in the late 1950s and former Boston Celtic.

Quincy College Director of Athletics Jack Raymer said this award was very meaningful after a challenging year.

"So many students are excited to come play for Quincy College, and were of course disappointed when they were not able to. It is important to note that 11 students who enrolled in the fall (2020) to play basketball remained at Quincy College even though the program was put on hold due to the pandemic. Getting these new uniforms is a strong message to these students: we are there for you, and thank you for hanging in there," Raymer said.

Quincy College Offering Courses On Campus, Online This Summer, Fall

Registration for Quincy Colleges summer and fall sessions is now open.

"We are offering a mix of online and on campus classes as early as this summer," said Dr. Servet Yatin, QC's senior vice president of Academic Affairs. "Many of our programs, such as nursing, have been on campus since the beginning of the pandemic. We are eager to welcome more students on campus with the many lessons learned."

At Quincy College, students can pursue a degree and earn transferable cred-

its; high school students can gain college experience and take advantage of effective online learning platforms; and adult learners can go back to school and upgrade or learn new skills.

To provide the public with easy access, Quincy College also just opened the new Welcome Center off Hancock Street at Presidents Place in Quincy. With or without an appointment, students can walk in and speak to one of the enrollment professionals in admissions, advising, financial aid, or registration.

"Safety is our number one priority," said Quincy College President Dr. Richard DeCristofaro. "The classes on campus will be reduced in size to allow for social distancing, and masks are required."

Summer has several sessions with start dates on May 26, June 2, July 7, and Aug. 11. Fall classes are starting Sept. 1.

For more information and to register for courses, visit <https://quincycollege.edu/academics/courses/#overview> or call (617) 984-1700.

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Social Security Matters

Ask Rusty: When Is The Best Time To Claim Social Security?

By RUSSELL GLOOR

National Social Security Advisor
At the AMAC Foundation, The Non-Profit Arm
Of the Association of Mature American Citizens

Dear Rusty: I will be 64 in May of this year, and I'd like to know the best time to claim Social Security. **Signed: Anxious to Retire**

Dear Anxious: First, please understand that there is no one "best time" to claim your Social Security benefit, because when you should claim depends upon several factors, such as:

- Your current health
- Your life expectancy
- Your immediate financial need
- Whether you are married
- Whether you are still working

When you should claim also depends upon your personal benefit goals. For example, if you wish to maximize your monthly SS benefit amount you can best do that by simply waiting until age 70 to claim. For each full year you delay past your full retirement age (FRA), your SS benefit will grow by 8%, up to age 70 when you get the maximum you're entitled to. If you are married and die first, that will also provide your widow with a higher benefit as your survivor if your wife's own benefit is less than yours. But waiting until age 70 to maximize isn't for everyone.

If you are in poor health and don't expect to enjoy at least average longevity (about 84 for a man your age now), then claiming earlier would be prudent. But claiming earlier also means a smaller benefit. Your full retirement age (FRA) is when you get 100% of the benefit you've earned from a lifetime of working. Your FRA is 66 1/2 and if you wait longer than that you will earn Delayed Retirement Credits (DRCs) of .667% for each full month you delay. That means that if you delay until 70, your SS benefit will be 28% more than it would be at your FRA. But if you claim before you have reached your FRA, your benefit amount will be permanently reduced by .556% for each full month earlier than your FRA that you claim. If, for example, you claim your SS to start at age 64, your benefit will be cut by about 17% from what you'd get by waiting until your FRA to claim. And, if you are married, that smaller benefit is what your widow's survivor benefit would be based upon if you die first.

Anytime SS benefits are claimed before you have reached your full retirement age, you are subject to Social Security's "earnings test" which, if you are working, limits how much you can earn before SS takes back some of your benefits. For 2021, the annual earnings limit is \$18,960 and if that is exceeded, they will take back benefits equal to \$1 for every \$2 you are over the limit. The earnings test applies until you reach your FRA, after which there is no longer a limit to how much you can earn. In your specific situation, if you were to claim for your benefits to start mid-year (e.g., in May at age 64), you would be subject to a monthly earnings limit of \$1,580 for the remaining months of 2021, and if you exceed that monthly limit in any month, you won't be entitled to any benefits for that month. Then in 2022 you'll be subject to the annual limit, which isn't yet published but will be slightly more than the 2021 limit.

Exceeding the earnings limit means that Social Security will make you repay some of your benefits and, unless you make special arrangements to do otherwise, they will withhold future benefits until they recover what you owe. That means going without benefits for some months, and if you have a spouse or other dependent(s) collecting on your record their benefits will also be suspended for that amount of time. So, as you can see there is no one simple answer to your question of when the best time is to claim Social Security. But a careful look at your personal circumstances relative to the above information should help you make that decision.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Key Factors To Know About The Greatest Disruptor Of Wealth

Paying taxes isn't a favorite pastime of most Americans. And in retirement, paying higher taxes can be an unwelcome surprise when the financial plan did not account for them.

A survey by Nationwide revealed that over one-third of current retirees didn't consider how taxes could impact their income when they were planning for retirement. Less than half said they know how to leverage their financial accounts to minimize their tax burden.

"One of the greatest disruptors of wealth and its potential is taxation," says John Smallwood, president of Smallwood Wealth Management and author of *It's Your Wealth - Keep It: The Definitive Guide to Growing, Protecting, Enjoying, and Passing On Your Wealth*. "Most financial strategies are missing the fundamentals, leaving you to pay much more in taxes than you should over your lifetime."

"There are some fundamental concepts of taxes that apply to the financial planning process. The goal is to have multiple sources of retirement income that balance out taxes and fees."

That way, if one or more of the sources dries up, or if tax law changes a source or two, then the impact on your portfolio will be minimal."

Smallwood says the following items related to taxes are important to know when creating a retirement plan:

• **Tax deferrals.** Tax deferral strategies are intended to defer paying taxes on certain assets, based on the concept of moving from a higher tax bracket to a lower tax bracket in the future. But Smallwood cautions, "The tax rate in the future may not be in your favor. If you defer and don't end up in a lower tax bracket, you can lose. You might end up paying more than if you had not deferred."

• **Qualified plans.** Specific rules and potential penalties apply when you withdraw from tax-deferred retirement accounts, Smallwood says. Withdrawing before age 59 1/2 brings a 10% penalty. At 70 1/2, there are required minimum distributions (RMDs). "With RMDs, there is a 50% penalty for not withdrawing the right amount of money," he says. "Plus, depending on the account, you have to pay taxes according to your

bracket."

• **Compound taxes.** Tax strategy when you are saving for retirement is one of the most important parts of a wealth plan. "For example, a 45-year-old with a savings rate of 6% and putting away \$51,000 per year could accumulate a healthy balance of \$2.5 million by age 65," Smallwood says. "But with compound taxation, money is eroding all the time. Each year that an account grows, the investor's tax liability grows along with it. Interest earnings, along with dividends and capital gains, get larger over time as the investment gains in value. If the gains the first year include \$30,000 worth of interest but at the 30% tax bracket, then you'll have to pay \$9,000 more in taxes."

• **Systematic withdrawals.** Systematic withdrawals, if done properly, can significantly reduce the tax impact on an investment portfolio. "Let's say, late in 1989, you placed a lump sum of \$100,000 in an S&P 500 index fund with a good track record," Smallwood says. "Instead of leaving the funds in the account, however, you took \$6,000 from the account each year and

repositioned those assets elsewhere. After 20 years, the fund balance would have reached \$243,191, an annual gain of 7.92% that exceeds the return earned by leaving the funds in the account. Why? Because taking those withdrawals undercuts the impact of compounded taxes. Over time, the tax obligation would be \$30,451, or \$13,622 less than leaving the money in the account."

"Good retirement planning includes all the possible tax implications and gives you options," Smallwood says. "Organizing income sources so that they hit your tax return the right way should be a deliberate strategy every year."

John L. Smallwood is a senior wealth advisor (www.johnsmallwood.com) and president of Smallwood Wealth Management and affiliated companies, providing investment consulting and financial plan design for corporate executives, entrepreneurs, and professionals. He is the author of *It's Your Wealth - Keep It: The Definitive Guide To Growing, Protecting, Enjoying, And Passing On Your Wealth*, and a previous book, *Five Ways Your Wealth is Under Attack*.

ISS Receives \$1,350 Grant From HPHC Foundation

Harvard Pilgrim Health Care Foundation announces Interfaith Social Services in Quincy was awarded \$1,350 from the Foundation's Community Spirit 9/11 Mini-Grant program.

Three employees of Harvard Pilgrim Health Care, Health Plans, Inc., and NTT Data nominated the organization for the award. Funds will be used to provide nutritious food to those they serve through the food pantry.

To commemorate those Harvard Pilgrim members who lost their lives on September 11, 2001, Harvard Pilgrim and the Foundation created the Community Spirit 9/11 Mini-Grant program. This program allows each Harvard Pilgrim employee to award a \$500 grant, completely funded by the Foundation, to the local charity of his or her choice each calendar year. Since this community grants program began in 2002, Harvard Pilgrim employees have directed more than \$7 million to thousands of organizations throughout Connecticut, Maine, Massachusetts, and New Hampshire.

"We are so fortunate to have generous and engaged employees who enrich our

organization and the communities in which we all live and work," said Karen Voci, President of the Harvard Pilgrim Health Care Foundation. "The Mini-Grant program is a wonderful way to support our employees as local philanthropists and to help them make an impact in their own communities."

Free Paper Shredding At Bank Of Canton May 22

Bring your sensitive documents to Bank of Canton's 60 McGrath Highway branch in Quincy on Saturday, May 22, between 9 a.m. and 12:30 p.m., for free onsite shredding services.

Touchless process: just load your materials into your trunk, and workers will remove them while you stay in your car. Limit 5 printer-

paper-sized boxes of paper per household. Newspapers, books or digital media cannot be accepted.

Event is free and open to the public. Consider bringing three non-perishable food items along with your documents to support Interfaith Social Services' food pantry.

COMMUNITY SHRED DAY

Saturday, May 22, from 9:00am - 12:30pm
Bank of Canton, 60 McGrath Hwy, Quincy

Enjoy free onsite shredding services with touchless drop-off: just load your sensitive documents into your trunk, and workers will remove them while you remain in your vehicle. We encourage you to also bring three non-perishable food items to help support Interfaith Social Services' food pantry.

Limit 5 printer-paper-sized boxes of material per household (no newspapers, books or digital media).

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On Saturday, May 8, at approximately 3:45 a.m., Officer Kent Yee and his canine partner Lexi responded to a call for a break & entering. The reporting party was the key holder of a commercial self-storage facility.

Earlier in the evening, at approximately 3 a.m., officers responded to a commercial burglar alarm at the location. At that time, the building was checked and all doors appeared secure. Units were notified that a key holder would be responding to the facility.

When Officer Yee arrived on scene, the key holder/manager informed Officer Yee that he had surveillance video of a male subject breaking into the loading dock garage door which was located at the back of the building. Officer Yee observed the video which depicted a male party grabbing at the bottom of the door, forcing the door up, and making entry. Officer Yee believed it was possible that the individual was still inside of the building.

When backup officers arrived, the storage facility was unlocked by the manager. While standing at the threshold, Officer Yee identified himself as a Quincy Police Officer and instructed anyone inside to immediately come out. Hearing

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

and seeing no one, Officer Yee and his canine partner Lexi began an interior search of the building. Officer Yee and K9 Lexi started clearing the first floor left side of the building. They made their way towards the loading dock garage door where the suspect was last seen making entry.

While searching and clearing each row of storage units, Officer Yee made loud announcements identifying himself as a Quincy Police Officer and instructing anyone inside to make his presence known. As K9 Lexi approached the loading dock area, she showed a change in behavior. She pulled away from the loading dock and started down a corridor that had storage units on both sides. When Lexi approached one storage unit she showed another strong change in be-

havior. The door to the storage unit was closed. The lock appeared intact, but the officer noticed some damage to the door frame.

Canine Lexi began barking at the door to the storage unit. Based on Lexi's behavior, Officer Yee believed that someone was hiding in the storage unit. Officer Yee again made several loud announcements warning whoever was inside to make himself known. Officer Yee then heard a male voice state that he wanted to surrender. Officer Yee instructed the suspect to slowly open the door and to come out with his hands displayed. The suspect appeared from under the door.

The 28-year-old from Myrtle Beach, S.C. was placed under arrest for breaking and entering nighttime, breaking and entering into a depository, and malicious damage.

During the booking process, Officer Duggan located two plastic baggies of brownish powdery substance believed to be heroin. An additional charge of possession of Class A was added. The seized drug evidence was tagged and placed in the drug evidence safe to be forwarded to the Mass State Police Lab for processing.

Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

SATURDAY, MAY 8

BREAKING AND ENTERING/PAST (business), 3:43 a.m., Extra Space Storage, Weston Avenue. Arrest made. Individual can be seen on camera prying open side door and possibly in building right now from alarm prior. Suspect spotted in a storage container by K-10. Male arrested for breaking and entering nighttime and malicious damage. Charge of possession of Class A added.

LARCENY (past), 7:32 a.m., Greenleaf Street. In QPD lobby. Reporting party states her ex-boyfriend and his girlfriend stole \$7,000 from her apartment. Reporting party states that she let the male stay there and he allowed the female into the apartment without her permission. Reporting party states that female was "taunting" her this morning via text, no threats made. She states she noticed the money missing last night at 10 p.m. Report.

VANDALISM/PROPERTY (past - suspect fled), 5:02 p.m., Lucky Wine Liquors, 66 Newbury Ave. Serviced. Male broke store glass and fled. Caller has motor vehicle information. Report filed.

BREAKING AND ENTERING/PAST (dwelling), 9:21 p.m., Pleasant Street. Caller left around 5 p.m. Just arrived home. Has not been through the house. Report filed.

SUNDAY, MAY 9

VANDALISM/PROPERTY (white F350), 7:32 a.m., Gladstone Street. DOVE report. Male states that he noticed someone had keyed his car while driving to work this morning. Report to be filed.

VANDALISM/PROPERTY (windshield), 6:51 p.m., Patrick Road. Back window smashed, has it on camera. 775 reviewed the video, nothing showing. The window is damaged but it is unknown how it occurred. Vehicle info in the file.

LARCENY (past), 9:05 p.m., Walgreen Pharmacy, 324 Hancock St. See caller left wallet on counter. Male and

female behind him turned wallet in empty. Store has video. Report filed.

MONDAY, MAY 10

BREAKING AND ENTERING/PAST, 1:14 p.m., Southern Artery. Report to be filed.

LARCENY (past/package), 5:04 p.m., Avalon Quincy, 1 Avalon Dr. Report filed.

LARCENY (medication/medical equipment), 7:44 p.m., Hood Street. Approximately 51-year old believed to have occurred within last half hour. He was assisting resident with building a handicapped ramp and allegedly broke into his safe and took resident's medication and other medical equipment. Report filed.

LARCENY (via a cash app), 8:55 p.m., Brackett Street. Caller was unwanted on May 9 at the above address. He said that someone who he was with transferred money from his phone to somewhere else via a cash app. Report submitted. No evidence that anything alleged took place at Spear.

LARCENY (past medication), 9:30 p.m., Gardiner Road. See caller in QPD lobby. Report filed.

TUESDAY, MAY 11

LARCENY/MOTOR VEHICLE (white Toyota Rav4), 8:08 a.m., Edinboro Road. Taken from the driveway this morning. Leaves the car unlocked every night, left the keys inside the car. Stolen vehicle entered - record entered.

ASSAULT AND BATTERY (possible past assault), 9:11 a.m., Whitwell Street. Happened at the sober house. Reporting party in QPD lobby. Complaints to be filed. A&B report submitted.

LARCENY (food taken), 1:28 p.m., Romanza Pizzeria, 134 Washington St. Large order of food, male did not pay. Took food, walked out, never came back one hour ago. Manager has camera footage of Asian male, long black hair,

about 30 years old. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (dwelling), 8:28 p.m., Washington Street. Past attempt. Rear door. Requested officer. Case number provided. Report to be filed.

WEDNESDAY, MAY 12

VANDALISM/PROPERTY (tire slashed), 9:29 a.m., Cliveden Street. See reporting party in station lobby. No suspect information, case number provided.

LARCENY (copper), 12:58 p.m., Quincy Avenue. Serviced. Larceny of copper on job site. Report to be filed.

LARCENY (past by employee), 12:59 p.m., Walmart, 301 Falls Blvd. Report to be filed.

BREAKING AND ENTERING/PAST (dwelling), 1:44 p.m., Crown Drive. Building four. Happened overnight. Report to be filed. BCI now clear of scene.

ASSAULT AND BATTERY (arguing), 4:37 p.m., Stedman Street Bridge, 120 Stedman St. Female in a car stopped to argue with a group of back the police people holding signs and flags. Female possibly punched one of them in the face. Red 2016 Hyundai Elantra list out of Methuen. Brewster for Q5 party. One to Milton.

LARCENY (package), 5:25 p.m., East Howard Street. Package was supposedly delivered on Sunday, but was not there when caller went to get it.

Calls For Service: 998

Breaking & Entering Past: Crown Drive, 1000 block Southern Artery, Weston Avenue

Breaking & Entering Attempt: Washington Street

Larceny Motor Vehicle: Edinboro Road

Breaking & Entering Motor Vehicle: Winthrop Avenue, 1000 block Southern Artery, Burns Avenue

Life Line Screenings Here July 7

Residents living in and around the Quincy can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening.

Quincy Sons of Italy Hall, 120 Quarry St., Quincy, will host this community event on Wednesday, July 7.

Screenings can check

for:

- The level of plaque buildup in your arteries, related to risk for cardiovascular disease, stroke and overall vascular health.
- Narrowing of the smaller arteries of your ankles and feet, called Peripheral Arterial Disease
- HDL and LDL Cholesterol levels
- Diabetes risk
- Bone density as a risk

for possible osteoporosis

Screenings are affordable and convenient. Free parking is also available.

Special package pricing starts at \$149, but consultants will work with you to create a package that is right for you based on your age and risk factors.

Call 1-877-237-1287 or visit our website at www.lifelinescreening.com. Pre-registration is required.

Palmucci Hosting Ward 4

Community Meetings On 32-Unit Residential Building, Billboard

Ward Four City Councillor Brian Palmucci will be hosting two community meetings in the next few weeks.

The first community meeting will be held Monday, May 24th at 5:30 p.m. to discuss Brenco Corporation proposal for 510, 514-516 Willard St. The meeting will be held via Zoom Remote Conferencing. The public is welcome and encouraged to attend to weigh in on this proposal.

Michael Moore of Brenco Construction seeks to construct a new 32-unit four story residential multifamily residential building with 64 parking spaces located under the building. Entry to the property will be from Willard Street only. The propos-

al will include professionally designed landscaping and drainage controls. Brenco's Attorney Edward Fleming will be available during the community meeting to answer residents' questions.

The meeting will be held via Zoom Remote Conferencing and the public is welcome and encouraged to attend to weigh in on this proposal. Zoom details and links can be found on the Ward Four webpage at quincyma.gov.

The second community meeting will be held Monday, June 7th at 5:30 p.m. to discuss John Flatley Co. proposal at Crown Colony for a billboard to be constructed on its property at the Elevation Apartments at 1 Crown Colony.

The meeting will be held via Zoom Remote Conferencing and the public is welcome and encouraged to attend to weigh in on this proposal. Zoom details and links can be found on the Ward Four webpage at quincyma.gov.

"One of my most important roles as Ward 4's councillor is to keep my constituents informed of projects that may affect them and give them an opportunity express their opinions and have input into a project," Palmucci said.

Residents with questions about this or any other matter can contact Palmucci on his cell phone, (617) 834-3945 or by email at bpalmucci@quincyma.gov.

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78 Local Students Among 489 Quincy College Graduates

Four hundred eighty-nine students will graduate from Quincy College during a commencement ceremony scheduled for 11 a.m. on Friday at Veterans' Memorial Stadium.

Among those receiving degrees and certificates are 78 students from Quincy:

Nadeen S. Alathary, Associate in Science in business; Matthew James Albanese, Associate in Arts in liberal arts history and government; Ameer Alghazali, certificate, biotechnology and good manufacturing practice; Hayley Athena Bacewicz, Associate in Sci-

ence in business management; Erin Priscilla Bonica, Associate in Science in nursing; Samira Bouchha, certificate, biotechnology and good manufacturing practice; Christina Maria Brancaccio, Associate in Science in business management.

Ashley Beth Chandler, Associate in Science in nursing; Mandy Chen, Associate in Science in business; Phat Thuan Chiem, Associate in Science in business management; Janey M. Chieng-Che, Associate in Science in human services and certificate, sub-

stance addiction; Benjamin Hong Chu, Associate in Science in biotechnology and good manufacturing practice; Cristin L. Craffey, Associate in Science in natural science.

Stephanie Maritza Daunelorena, Associate in Science in biology; Miguel J. Doherty DeGrazia, Associate in Arts in liberal arts history and government; Sabrina DeMagio, certificate, practical nursing; Tina Marie Dewolfe, certificate, accounting; Audra Stacey Dompier, Associate in Science in human services; Tra T. Duong, Associate in Sci-

ence in medical laboratory technician; Tina Falconi, certificate, human services; Paige Michaela Flaherty, certificate, practical nursing; Mason Francoeur, Associate in Science in business.

Bryan Gilgallon, Associate in Arts in liberal arts English; Vitoria Gomes de Mattos Sousa, Associate in Science in early childhood education; Aimee Llaga Gruezo, Associate in Science in natural science; Haley Noelle Hartnett, Associate in Science in natural science; Ashley May Hehir, certificate, entrepreneurship; Aaron Miguel Herrera, Associate in Science in business management; Chunxing Huang, Associate in Science in biotechnology and good manufacturing practice.

Hind Jebbar, certificate, biotechnology and good manufacturing practice; Rebecca Ann Jonah, Associate in Science in early childhood education; Conor Michael Keating, certificate, computer science; Sinead Maggie Kelly, Associate in Science in accounting; Katelyn Elizabeth Kelly, Associate in Science in accounting; Anthony Kelly, Associate in Science in biotechnology and good manufacturing practice.

Elmer Daniel Lainez, Associate in Arts in general studies; Shane Lewis, Associate in Science in natural science; Mirela Lika, Associate in Science in accounting; Shujun Liu, Associate in Science in mathematics;

Egon Lufi, Associate in Science in business management; Livia Lufi, Associate in Science in natural science.

Kathleen Martinez, Associate in Science in biotechnology and good manufacturing practice; Makenna Ali McBirney, Associate in Arts fine arts visual arts; Jared McDonough, Associate in Science in cyber security; Ginger Marie McGill, certificate, human services; John Francis McIsaac III, Associate in Science in criminal justice.

Quynh Tuan Nguyen, Associate in Science in computer science programming; Christina Margaret O'Connor, Associate in Science in nursing; Chinyelu Ebele Onochie, certificate, customer service; Hongliang Ou, Associate in Science in business management; Merve Paksoy, Associate in Science in early childhood education; Jasmatie Persaud, Associate in Science in accounting; Sarah Joan Pierre Louis, Associate in Arts in liberal arts psychology; Jaclyn Marie Pitts, Associate in Science human services.

Tuba Rahman, certificate, paralegal studies; Dominique Reed, Associate in Science in business; Kevin Dana Rhodes, Associate in Arts in liberal arts psychology; Adelina Sasha Ribeiro, Associate in Science in criminal justice; Abderrahmane Rouass, Associate in Science in criminal justice; Kurthy Yvania Saint

Marc, Associate in Science in natural science; Seyedali-reza Sarmadi, certificate, web and mobile development.

Anna Elizabeth Scolaro, Associate in Science in nursing; Enes Aytughan Serdar, Associate in Science in computer science programming; Breanna Marie Severyn, Associate in Science in physical therapist assistant; Rizwana Kitty Shafique, Associate in Arts in liberal arts psychology; Brenda Shatee, Associate in Science in natural science; Noe Suneus, Associate in Science in business.

Susan Tan, Associate in Science in computer science networking; Suling Tang, Associate in Science in accounting; Jade Tang, Associate in Arts in liberal arts English; Rachel Ann Tobin, Associate in Science in nursing; Juntao Tong, Associate in Science in business management; Christopher James Traietti, Associate in Arts in general studies; Hai Au Truong, Associate in Arts in biotechnology and good manufacturing practice.

Vlissara Upara, Associate in Science in computer science networking; Danielle Marie Urbanus, Associate in Science in nursing; Britney Wei, Associate in Science in criminal justice; Olivia Rose Keenan, Associate in Arts in liberal arts psychology.

The above list includes only verified graduates as of the time of printing.

SAL Memorial Day Observance At Flags For Veterans Island Sunday

The Sons of the American Legion, Squadron 294, Morrisette Legion Post, will hold its annual Memorial Day observance Sunday, May 23 at 1 p.m. at Flags for Veterans Island, Fort Square, School and Pleasant Streets, Quincy.

Keynote speaker will be

Col. Jeffrey K. Mosher, a veteran of the U.S. Marine Corps.

The ceremony will include placing a memorial wreath at the base of the main flag pole on the island in memory of all veterans of the armed forces who made the ultimate sacrifice for our

country.

The names of those members of the Morrisette American Legion Post and other deceased honorees who have died since Memorial Day 2020 will also be read.

The public is invited to attend the ceremony.

BBB: Beware Cannabidiol Scam

Cannabidiol (CBD), an active ingredient of cannabis, is now legal in many US states and Canadian provinces. If you want to try the drug, watch out for scams.

BBB Scam Tracker has received dozens of reports from frustrated consumers who thought they signed up for a free trial offer but ended up getting billed for hundreds of dollars.

How the Scam Works:

You see an ad for CBD on social media or in an online search. A company is offering samples of CBD oil. All you need to do is pay a couple dollars for shipping and handling, and you can try it for free. In some cases, the product is even endorsed by a celebrity. For example, recent Scam Tracker reports mention popular ministers Joyce Meyer and Joel Osteen.

Sounds great, right? Unfortunately, if you order the "free" sample, the scammers now have your credit card number. As soon after you receive your sample — if you receive it at all — you are charged \$80 to \$100 for an ongoing monthly subscription. Cancelling this subscription is not easy! Consumers report that scammers used numerous excuses to avoid issuing refunds. They claimed everything from trouble with the computer system to it being outside the cancellation window. Many victims also told Scam Tracker that the charges continued even after they cancelled their subscription.

"You don't find out until 3 weeks later that you have signed up for a subscription and you are charged \$99," one victim reported to Scam Tracker. "They will not refund your money. They say you had 14 days to cancel (when you call them to complain) but there is no description of that on the website."

Tips for avoiding this scam:

- **Research the company online.** See what other people are saying about the company's free trials. Complaints from other customers can tip you off to "catches" that might come with the trial. Check the business's BBB Rating and see if there are any alerts.

- **Understand what happens after the free trial ends.** Always read the terms of the offer before signing up. Numerous victims of the CBD free trial con reported not ever seeing the terms and conditions. This is a huge red flag. If you can't

find them or can't understand what you're agreeing to, don't sign up.

- **Be skeptical of celebrity endorsements.** Resist being swayed by the use of a well-known name. Scammers often fake celebrity endorsements.

- **Report losses to credit card companies.** If you pay with a credit card, you can dispute fraudulent charges. Keep an eye on your monthly statements and notify your credit card company of any suspicious charges.

For more information:

Read BBB's special report on free trial offer scams. Learn more about scams on social media advertising.

Stay one step ahead of scammers by subscribing to BBB's weekly Scam Alert emails.

If you've been a victim of free trial offer scam, please report your experience at BBB.org/ScamTracker. By doing so you can help others to avoid falling prey to scammers.

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All Massachusetts Business Restrictions Ending May 29

Cont'd From Page 1
against the virus and unlikely to spread COVID."

"The temporary limits and restrictions imposed on the private sector and on individuals were the most difficult decisions I have ever had to make," the governor added.

"The loss and the isolation so many of our friends and families have experienced is likely to impact all of us for a very long time. The commonwealth was

tested...but together we all fought back, made changes as the facts on the ground changed, and never, ever stopped moving forward."

Massachusetts' mask mandate will also end on May 29 and the state will begin to follow the latest guidance from the Centers for Disease Control and Prevention. The new CDC guidance, issued last week, no longer requires fully vaccinated individuals to wear masks in most settings while

those who are not fully vaccinated are urged to keep wearing them.

"The Department of Public Health will issue a public health advisory, urging all unvaccinated residents to wear face coverings in most indoor settings," Baker said. "The department will advise all vaccinated residents that it is safe to go back to doing the things we all used to do before this pandemic, consistent with the CDC's new guidance."

To be considered fully vaccinated, an individual must have gotten the second dose of the Moderna or Pfizer vaccine, or one shot of the single-dose Johnson & Johnson vaccine, at least two weeks prior.

Consistent with federal guidance, masks will still be required for everyone on public and private transportation, including rideshares, taxis, liveries, ferries, mass transit, and transit hubs like train stations and airports. They will also be required at healthcare facilities, con-

gregate care settings, and health and rehabilitative day services.

Masks will also remain necessary indoors for staff and students in K-12 schools and early education settings. Effective Tuesday, masks are no longer required for outdoor activities, like recess, in schools or childcare settings. Youth athletes under the age of 18 are no longer be required to wear masks either as of Tuesday for outdoor sports, and all youth and amateur sports guidelines will be lifted May 29.

Effective May 29, masks will no longer be required at summer camps for outdoor activities, but will be required indoors.

While the state is lifting the indoor-mask mandate for vaccinated individuals, Baker noted private businesses and employers can set their own rules.

"As we transition away from the current restrictions, businesses may choose to set their own requirements

for vaccinations or masking. We encourage them to do whatever works for them, for their employees and for their customers," the governor said. "We also encourage everyone to be respectful and to follow those requirements if a private organization puts them in place."

Baker likewise noted individual municipalities may hold off on easing restrictions.

"Communities that don't want to go as aggressively or as far as we are proposing to go here, they know the facts on the ground in their communities as well as or better than anybody and they can make whatever decision that makes sense, and we will support that," he said.

During his press conference, Baker said Massachusetts would not be implementing a statewide system to verify whether individuals have been vaccinated – a step some states, like New York, have taken – absent federal guidance.

"If the feds decide they want to move in that direction, that is certainly something we would engage with them on," Baker said. "I think state-by-state, especially around here, is really complicated."

Baker on Monday also announced that the state of emergency, which has been in effect since early last year, would be lifted as of June 15 and the administration will work with municipal and

legislative leaders to ensure an orderly transition out of the state of emergency.

The governor had previously announced a phased reopening plan, with some industries set to open on May 29 and a full reopening on Aug. 1. Despite the new accelerated timeline, Baker on Monday said the state has not seen the last of COVID-19.

"COVID is a little bit like, you know, Michael Myers," the governor said, referring to the fictional killer from the 'Halloween' film series.

"We have made tremendous progress, and that's why we are able to do what we're doing here and what we're proposing here today. And when you have three out of every four adults basically on the verge of being fully vaccinated, and I assume we'll see similar performance out of our younger folks as they become eligible, and when more than, or roughly 90 percent of everybody over the age of 75 is vaccinated, you're talking about a situation and a circumstance where we have really set the commonwealth up, where the people of Massachusetts have set the commonwealth up to be successful going forward from here."

"But, obviously, this is something we are going to have to continue to pay attention to, and we will."

All residents ages 12 and up are now eligible to get vaccinated against the coronavirus, though only the Pfizer vaccine has been authorized for individuals under the age of 18. The governor on Monday said any eligible resident who has not yet gotten the COVID-19 vaccine should do so at one of the 975 locations in the state where they are available.

"We have a lot of work to do between now and the end of the month, transitioning out of the current state of affairs, but none of that work is more important than carrying out Massachusetts' national leading vaccination effort. We'll continue knocking on doors, making calls, setting up pop-up sites, and doing everything we can to expand access to vaccines. We are working day and night to reach everyone where they are," Baker said.

"Everyone who works, lives or studies in Massachusetts has been or will be offered a vaccine at a time and place that is convenient for them. There is no cost and no insurance or ID required."

"If you have not yet gotten vaccinated, please get vaccinated to protect yourself and your family."

Vision Tests: What Do They Mean?

By Dr. CAROLANN SPERANZO, DHS, RDO

From the time students are enrolled in school, most are tested for vision regularly. Often this test is by a school nurse who has the student look at a Snellen chart across the room. Since 1862 when Herman Snellen, a Dutch ophthalmologist introduced this test, it has been the standard gauge for rapid vision tests. This quick, easy to administer test may determine if the person sees something at 20 feet (or 6 meters) as though it was actually at 20 feet (or 6 meters). If you have been told your vision is 20/60, that means you see something that is 20 feet away as though it was 60 feet away.

If you have 20/20 vision does this really mean one's vision is the best it can be? Actually, no. While the Snellen test is a great starting point, there is more to vision and visual acuity than just seeing the images with high contrast, i.e., black letters on white background. For most people, this does not reflect real life. Seldom is the contrast high – consider the black letter print on the off-white newspaper or reading a letter written in blue ink on blue paper. You perceive the images less clearly than if the print was black on pure white background. In addition, much of what one "sees" is in motion – looking out a window, driving a car, watching children in the playground. It is not static as it is with the Snellen test..

So, what are the other elements to determine how well one sees? Consider what optometrists and ophthalmologists test for the first time a child comes for a comprehensive vision test. First, a child is examined for the ability to track things with ease and not having irregular eye movement. Another aspect is color vision. While most Eye Care Professionals find color blindness in males, in rare occurrences women also experience this. Next is the test for convergence and divergence – that is how the eyes work together to see images and then depth perception or stereopsis – how well the eyes note images in three dimensions. These aspects of vision are not apparent with just the Snellen test.

While the 20/20 test does reflect how accurately eyes see for range (distance), it does not reflect the quality of how one sees at any range – what your doctor means when you are told you have astigmatism. This requires more thorough testing by the optometrist or ophthalmologist. Issues with astigmatism may progress with the development of cataracts later in life.

Vision is more than 20/20 – it is how effectively one can see. For some, 20/20 is not clear enough and certain types of eyeglasses may improve that perception using wavefront technology similar to the high definition in televisions. For others, an anti-glare enhancement on the lenses accents the contrast. Glare comes in many forms from discomfort – when you are exposed to bright light; veiling glare – often experienced with the growth of cataracts; and dazzling glare associated with light sensitivity. This is also minimized with polarized sunglasses.

Good visual acuity is necessary for most activities. More than 80 per cent of learning comes through vision. Make sure your eyeglasses fit well and are accurate. Also, remember besides testing for vision, your annual eye examination includes assessing the health of the eyes. Regular check-up will help you reach 20/20 vision with clarity. And yes, it is true some people are actually able to see better than 20/20.

Dr. Carolann Speranzo is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and is certified by the American Board of Opticianry. Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business. She can be reached at 617-773-1178 or secondlighteyewear@verizon.net

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Tara Nguyen Honored For Thesis At Eastern Connecticut State U.

The Honors Program at Eastern Connecticut State University recognized graduating seniors at its annual Senior Reception on May 13. The event celebrates seniors who have completed their theses projects as part of the Honors Program's graduation requirements.



Among those recognized was Tara Nguyen of Quincy,

a sociology major. The title of Nguyen's thesis is titled "The Achievement Gap within the Asian-American Community: Disaggregating Asian-American Ethnic Groups to Dismantle the Model Minority Myth."

Nguyen will attend UMass Boston to pursue a Ph.D. in sociology.



Downtown Construction Activities
Proposed work activities for the week of May 16th, 2021

- The contractor at the Generals Bridge project will continue installing new rebar cages along the existing concrete wall at the MBTA tracks along Thomas Burgin Parkway.
- At the McConville Way project the contractor will continue construction of the north and south streetscape aside the new roadway. The streetscape work includes the continued installation of trees within the planting beds, tree grates, wooden benches, concrete sidewalks, brick pavers, and roadway signage. At the future pocket parks, the contractor will continue installing park granite curbing, concrete mud mat, park pavers, park trees, granite pavers at future water feature, and bike racks/trash receptacles. The contractor will be installing new planting soils and trees at the corner of Hancock St and Cliveden St. There remains a temporary pedestrian detour adjacent to the work area between the temporary fencing and jersey barriers. Pedestrians should use caution when using the temporary ramp from the sidewalk to the walkway area. This detour will be in place for the next few weeks.
- The demolition of the 100 Parking Way building will continue this week. The contractor will continue removing the old concrete foundation and continue backfilling the old building footprint. In addition, the contractor will begin constructing new utility services to this area for future use. Temporary fencing remains in place around the old building area during construction. There remains no parking along McConville Way and Parkingway.

(The photo on the above left shows the crew installing new sod within the new pocket park at the corner of McConville Way and Walter Hannon Parkway the above right photos shows the new concrete sidewalk being poured at the corner of Cliveden St and Hancock St.)
<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter
 Contact Patrick McCarthy for construction questions at 781-264-4646 or email at pmccarthy@woodwardclark.com

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Koch Withdraws Plan For College, City Hall Building

Cont'd From Page 1

"Over the last several weeks, you and your colleagues have engaged in a robust dialogue on this matter, and I very much appreciate the thoughtful questions, ideas and concerns the debate has generated," Koch wrote to Liang. "It is clear to me that the body is not prepared to move forward on this proposal at this time."

The administration, Koch said, "will take this opportunity to explore options with our county, state and federal partners, and move forward on the expansive planning process together with the College that incorporates many of the thoughts you and your colleagues have shared with me both directly and as part of the public debate."

"I continue to believe deeply that the college and its future is of vital importance to our community, and that providing it a permanent home is a critical element of that future," Koch said. "For more than 60 years, Quincy College has created opportunity for so many who might not otherwise have access to higher education. I believe we have a clear responsibility to ensure that those opportunities not only continue to be provided but are enhanced and expanded in the years to come."

"I look forward to continuing to work in close collaboration in the coming months with you and the Council on this matter. Thank you for your attention to this request."

Koch first announced plans to construct a new building to house both the college, which is owned by the city, and municipal offices in his January 2020 inaugural address. The building would have been located on the site of the Munroe Building in Quincy Center.

The \$23 million bond would have allowed the city to purchase the Munroe Building and a nearby parking lot, relocate its tenants, and design the new facility.

Conceptual plans called for a 16-story,

205,000-square-foot building to house both the college and municipal offices now in the glass city hall annex building. A city consultant said last month it would cost \$100 million to construct the new building, which could open as soon as 2025.

The City Council's finance committee had met twice, once in April and again on May 13, to review the initial \$23 million ask.

Support from six of the nine city councillors was necessary in order for the bond to be approved. Several councillors had raised concerns about the project, or stated their opposition to the proposal, during the May 13 meeting.

Liang, the council president, said she would vote against the bond during last week's meeting. She said the college's outlook remains uncertain and compared financing the project with getting a loan to open a new business.

"Back when we were building out restaurants, if I went to a bank and said I want to borrow x amount of dollars to build out a new restaurant, I would have to show some guarantees about how I'm going to hit our break-even point to take out that loan," Liang said.

"I approach this the same way. If we are going to spend \$23 million to purchase this building and invest in this property...there needs to be some guarantees and I, based on the information that was provided, just don't see that. I don't see it being worth the risk."

Councillor Anne Mahoney urged the administration to hit pause on the building project and instead focus on "some of the underpinning problems of the college." She also reiterated her support for having the college work with the state to discuss becoming a community college - councillors had unanimously approved a resolution asking the school to do so on May 3.

"I don't think a new building, a 16-story building, is going to take pressure off of you," Mahoney said,

addressing college president Richard DeCristofaro.

"I think we really need to take a giant step backwards and not talk about acquiring buildings and building buildings and doing that, and just try to get a good footing on Quincy College to see where it can go. I personally think a conversation with the state would make tons of sense."

Ward 5 Councillor Charles Phelan Jr. said the city should first take a look at how the school is governed.

"If we're going to do something, we should look at the governance of Quincy College. The current governance led us down a path where we lost the nursing program for a while. We lost a lot of things in the college," he said.

"Before we vote on any of this stuff, we should be looking at a change in governance in Quincy College. Either they are a city department, or they are not a city department."

Ward 4 Councillor Brian Palmucci began the May 13 meeting by saying a \$100 million investment in the new building might not be a good value for the city's taxpayers given that only 19 percent of Quincy College's students are Quincy residents.

"For me that just doesn't equate to being enough benefit for the residents to justify that kind of investment," he said. "Not to mention, I think, many of us, myself included, have a lot of remaining concerns about the college's finances, governance, and quite frankly about its longevity."

Palmucci suggested, however, that the city could still go through with the initial land acquisition. The city, he said, should acquire the parcels now while they are available for sale and determine how to use them in the future.

To that end, Palmucci made a motion to strike references to the college from the bond order, but that proposal failed in a 3-4 vote. William Harris and David

McCarthy joined Palmucci in supporting the amendment. Anthony Andronico, Ian Cain, Mahoney and Phelan voted against it. Noel DiBona voted present and Liang was not in attendance for that vote.

Later during the May 13 meeting, Cain, who had expressed skepticism about the project during both committee sessions, made a motion to put the \$23 million bond up for a vote.

"This is a complicated issue, but none of the decisions we are going to make tonight have anything to do with the governance of the college and I think that is probably for another day," he said. "I don't want to waste any more time discussing this."

McCarthy, the chairman of the finance committee, denied Cain's motion to put the matter up for a vote. Mc-

Carthy said he wanted to get additional input from councillors and said there was already a committee meeting scheduled for Monday.

Several councillors, including Andronico, DiBona, Palmucci and Phelan, said they were not ready to vote on the matter on May 13 and wanted to wait until Monday.

Cain then challenged McCarthy's denial of his motion to put the bond to a vote. Councillors voted 5-4 to uphold McCarthy's decision. DiBona, Harris, Palmucci and Phelan joined McCarthy in upholding the ruling. Andronico, Cain, Liang and Mahoney voted to overrule the initial decision.

Following that vote, DiBona said he was undecided on the \$23 million request. If it were to pass, he suggested the council could ask residents to weigh in on the

subsequent \$100 million bond via a binding or non-binding ballot question.

"Put it in the hands of them and let everybody have a voice on that," DiBona said.

McCarthy closed the May 13 meeting by reiterating his support for the project, saying a new building would help the college attract students.

"I think the facility does matter when kids and families are making decisions. That's why they go on college visits - to look at the facility and see what they can get," McCarthy said.

"It would be a destination in Quincy Center. It would help us more than it does now economically. And, I think folks would come back. I don't think folks want to hide behind their computer screens online for the rest of their lives."

Quincy College Commencement Friday At Veterans Memorial Stadium

On Friday, May 21st at 11 a.m., Quincy College will confer 490 associate degrees and certificates to the Quincy College Class of 2021.

The ceremony will take place at Veterans Memorial Stadium in Quincy, and livestreamed by Quincy Access Television.

"We were very committed to holding a face-to-face graduation for our students this year," said Quincy College President Dr. Richard DeCristofaro. "The students who persevered during the pandemic, and their families, deserve this celebratory moment. We want them to know the community recognizes and honors their accomplishments."

The commencement address will be delivered by Rob Hale, president of Granite Telecommunications, LLC, established in 2002, is headquartered in

Quincy. Rob and his wife, Karen, are 15th on the list of the 50 largest donors in The Chronicles of Philanthropy. Granite Telecommunications has been repeatedly recognized as one of the most philanthropic companies in Massachusetts.

Beatriz Martins from Somerville will be representing the Class of 2021 as the student speaker. A transfer student from UMass-Boston, Martins started her studies at Quincy College in the spring of 2020, at the beginning of the pandemic. She is graduating from Quincy College with an Associate in Science Degree in business management.

"Quincy College has been a huge gift," Martins said. "The college helped me to grow personally and academically when I experienced some setbacks. I am a proud Latina who is also the first person in my family to graduate from college."

Dr. Servet Yatin, senior vice president of Academic Affairs, will serve as master of ceremonies.

"Our graduates persevered this year during the pandemic. As we recognized their accomplishments, it is also important to acknowledge those who were with them along the way: family members, friends, community members, faculty, and staff," said Dr. Yatin.

The commencement program also includes the members of the Quincy College Board of Governors, the Quincy College Trust, Inc., and College Courses, Inc.

Due to the pandemic, students are allowed only two guests. Attendees are reminded to wear masks and maintain social distance of at least 6 feet.

In the event of rain, the ceremony will be held Saturday, May 22.

5 Fundamentals To Financial Recovery

The COVID-19 public health crisis triggered a financial crisis for many individuals and families. Whether their pain was caused by furloughs, layoffs, or pay reductions, people were thrown off track from meeting monthly obligations and from progressing toward their long-term money goals.

Now as vaccines help the U.S. edge closer to normalcy and more people regain employment, recovery can be a slow process. But there are

simple steps people can take to get back on track and stay on solid financial ground, says financial planner Aaron Leak (www.eclpwm.com), the founder of ECL Private Wealth Management.

"The key to gaining back lost ground and full recovery is making sure you put the fundamental pieces in place," Leak says.

"One of the challenges is figuring out how to do it amid continued uncertainty with the economy. But the most important thing is to

take control of all the factors of your financial situation as best you can."

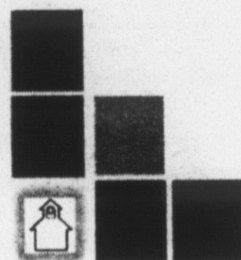
Leak offers these steps to financial recovery:

- **Learn about assistance programs.** Leak says many people who are eligible have not pursued avenues of aid such as unemployment benefits, credit card hardship programs, and the Paycheck Protection Program, which is available to the self-employed and contractors as well as small businesses.

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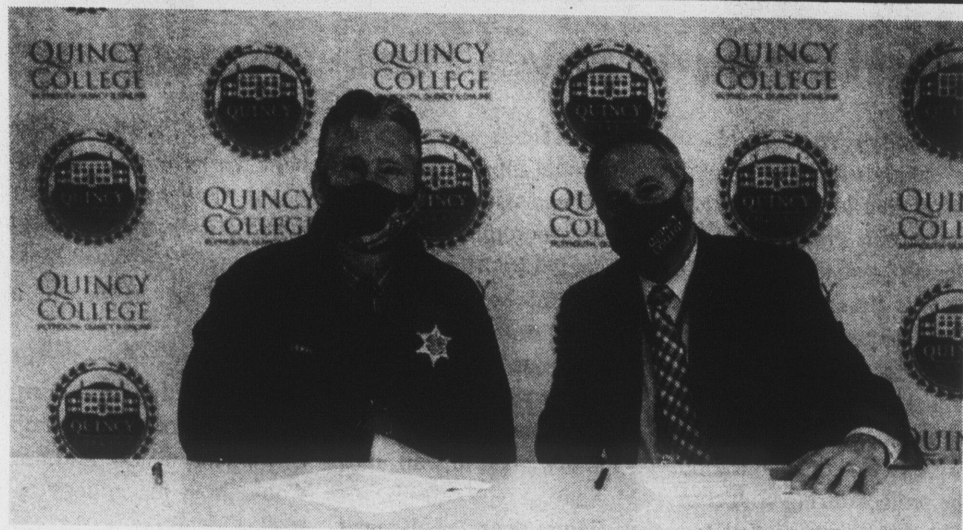
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NORFOLK COUNTY Sheriff Patrick McDermott (left) and Quincy College President Dr. Richard DeCristofaro recently signed an agreement allowing sheriff department employees to take Quincy College courses and certificate programs at a discounted rate.

Photo Courtesy Quincy College

QC, NC Sheriff's Office Sign Agreement To Offer Courses To COs, Civilian Staff

Quincy College President Richard DeCristofaro and Norfolk County Sheriff Patrick McDermott met recently at the Quincy College Anselmo Library to sign an agreement allowing Sheriff McDermott's employees to take Quincy College courses and certificate programs at a discounted rate.

This partnership follows in line with other partnerships between the college with NAGE (The National Association of Government Employees) and the Boston Police Patrolman's Association in an effort to increase educational opportunities for employees of local and

national unions, and public safety agencies who employ first responders.

"As with our other community partners, today's signing is the beginning of a valuable partnership with Sheriff McDermott and his agency. Quincy College and the Norfolk County Sheriff's Office have worked together in the past on educational opportunities for their employees, and more importantly the folks incarcerated at the jail," said President DeCristofaro. "We will be seeking to work with Sheriff McDermott and his Reentry Programs staff to ensure inmates reenter-

ing the community receive the necessary training and college level courses to assist them in providing for themselves and families in the future."

McDermott, who was elected sheriff last November, said:

"Ensuring access to quality education is one of the best ways to improve the lives of individuals and their communities. I am proud of the relationship that the Norfolk County Sheriff's Office has with Quincy College. I look forward to working with them to build more educational opportunities for Norfolk County."

North Quincy HS Receives \$500 Grant From DA Morrissey

North Quincy High School has been awarded \$500 as part of Norfolk District Attorney Michael W. Morrissey's annual grant program to support safe, substance-free prom and graduation events.

"Proms and graduations

are going to look very different this year, but communities are still working to provide safe options for around these events," Morrissey said.

The grant, which is drawn from funds forfeited in criminal prosecutions and

not tax dollars, can be used to defray the cost of alcohol-free events after prom or graduation, or safe transportation to prom.

"We have provided this kind of support for years and have seen the success of these efforts in communities across Norfolk County," Morrissey said.

"There was a time when parents worried about their teens being on the roads after these events, or attending gatherings where substances were present. The number of safe events across the region has helped to allay those very real concerns."

Anthony Andronico Seeking Full-Term As Ward 2 Councillor

Anthony Andronico, the current Ward 2 councillor and former School Committee vice chairperson, announces he has pulled nomination papers to seek a full-term as councillor. Andronico was appointed by the City Council in January to fill the remainder of Councillor Brad Croall's term.

"Serving as the Ward 2 Councillor is an absolute privilege and I hope to earn the opportunity to continue serving in the role come this fall," said Andronico. "My goal as a City Councillor is simple: find ways to help the families of Ward 2 receive the same opportunities that this city provided my family." Andronico's great-grandparents emigrated from Italy and settled down in Quincy Point over 100 years ago - his family has called the area home ever since. Anthony and his fiancée Hannah are finalizing their wedding plans and say they are excited to lay down roots of their own.

If elected, Andronico said he would, "continue to provide the high level of constituent services the Ward has come to expect, work to maintain the integrity of our neighborhoods amid growing development, and advocate for policies that provide direct benefits to those who have invested their hard-earned tax dollars into Quincy."

Upon being sworn-in to the new role, Andronico launched a new constituent services website, www.AnthonyAndronico.com, where residents can sign up for a monthly newsletter, request assistance with an issue, fill out a survey to provide feedback, and more. He says this action was crucial in his ability to better serve the Ward amid COVID-19.

"Coming into the role, COVID-19 cases had spiked to near-record levels and city services were not as accessible as they would be in normal times," said Andronico. "I knew it was critical to immediately establish direct communication with constituents so they knew that I was here to help. The website has provided an alternative avenue for people to voice their opinion and stay connected. It has been really helpful in starting some great dialogue about the direction of our City and where people want to see us go. I've always believed that public service is done best when leaders are accessible and take the time to listen."

One of the priorities constituents highlighted in Andronico's survey was investing in the City's infrastructure. Andronico noted that he was proud to work



ANTHONY ANDRONICO

with his colleagues to advance a \$150 million infrastructure plan that will allow for significant roadway and water system improvements over the next 5-10 years.

"Almost every day, I have a conversation with a constituent who tells me that our roads need more attention," said Andronico. "Now that we are moving ahead with this infrastructure plan, Ward 2 can expect 33,306 feet of re-paved road and 19 water mains to be replaced in the near future. This is a critical investment and one priority that I look forward to overseeing in the coming years."

Moving forward, Andronico said he is excited to work with the community to develop plans to update Faxon Park.

"Prior to taking office, the City had begun preliminary designs to reinvigorate Faxon Park to allow for more people to enjoy the natural beauty that the area has to offer," said Andronico. "Although the City is still thinking through potential designs to bring forward, my goal is to ensure that the public has ample opportunity to express their opinions and discuss their ideas for the park before anything final is decided upon. I'm excited about the opportunities those discussions will present."

Outside of his role in local government, Andronico has worked as the Communications Director for Weymouth State Sen. Patrick O'Connor for the past three years. Andronico says that the role has already been beneficial to him in the short time he's been on the Council, especially in regards to the fight against the Weymouth Compressor Station which impacts Quincy Point.

Within a week after the third unplanned toxic gas release at the Weymouth Compressor Station on April 6th, Andronico's colleagues unanimously approved his resolution calling on the Pipeline and Hazardous Materials Safety Administration (PHMSA) to revoke their temporary order allowing Enbridge to continue operations.

"Following the second unplanned release, PHMSA

acknowledged that the release of large quantities of natural gas in heavily populated areas carries a substantial risk. We're simply asking them to listen to their own words," said Andronico. "There have been three unplanned toxic gas releases in just the first eight months of operation. The people of Quincy Point and the Fore River Basin deserve better."

Before assuming the role on the City Council, Andronico was a member of the School Committee and said he was proud of what the board accomplished during his time there. He noted that he followed through with all three of his campaign promises - a new QPS website, an increase in the number of dual-enrollment courses, and to maintain QPS' class size ratio.

"It's important that my constituents know they can count on me to follow through," he said.

Andronico was also unanimously selected by his former school committee colleagues to serve as vice chairperson of the committee in 2020. He said that although the year presented an immense number of obstacles, he was proud of how the committee faced multiple fundamental challenges with great care and integrity.

"It was a difficult year for our students and their families - we owed it to them to work together and get the job done," said Andronico. "We conducted a superintendent search for the first time in 20 years, developed a school reopening plan that was publicly commended by the State, and acted quickly to better respond to the issue of racial bias in our community. When you're in a leadership role, sometimes you need to make difficult decisions, and every decision we made last year was a difficult one."

"At such a critical time in our city's history, I think it's important that Ward 2 has a representative that has demonstrated they are fully prepared and qualified to deliver the services so many have come to expect and rely on. I believe that I'm the right candidate at the right time and look forward to earning support in the months ahead."

"To learn more about my campaign and how you can support the effort, visit www.VoteAndronico.com. Be sure to follow Anthony on Facebook, Twitter, and Instagram @AJAndronico.

If you have a comment, question, or concern that you feel Andronico may be helpful with, you can contact him by phone at 617-376-1352 or email at aan-dronico@quincyma.gov.

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Ask John Paul: AAA New England's Car Doctor

I am considering a new car with push button start and keyless entry. What does AAA do when the battery in a keyless entry car dies, you are on the road and locked out?

The key-fob contains a hidden key that in most cases slides out of the key fob. The key is then used to open the locked car. In nearly every car there is at least one door lock (it may be hidden under some trim on the door handle.) Once inside depending on the car there is a spot to hold the key-fob while pushing the start button. Even a key-fob with a nearly dead battery has enough energy to communicate with the car to get the engine started.

Our mechanic is suggesting that we change the timing belt/chain on our 2013 VW Beetle-Fender edition. The reason is that the engine is a 2.0-liter four-cylinder, and it is an inherent problem that the timing belt/chain breaks or comes off and destroys the engine.

The mileage on the car is 107,000, and I intend to drive it for a few more years. The mechanic also says that the rear main seal is leaking a little bit and should be replaced. Should we do this work as well or just put an additive in to possibly correct the problem. The mechanic said an additive could cause more of a leak. It's approximately \$1,400.00 to change rear main seal.

Please advise if the timing belt/chain issue is something that should be done, and when.

Are you aware if VW has any sort of recall regarding this issue or will pay for this work to be done?

In certain model Volkswagens with this engine, the timing chain (which typically lasts the life of the car) failed early. There was a class action lawsuit that from what I have read for certain qualified vehicles, warranties on timing chains and timing chain tensioners have been extended by Volkswagen to 10 years or 100,000 miles. This leads me to believe that the timing chain typically fails earlier in the life of the engine and perhaps you and your car are one of the lucky ones. Regarding the rear main oil leak, it will not get any better by itself, but it may not get any worse. So perhaps in the case of the oil leak "watchful waiting" makes the most sense. Regarding additives that stop leaks, I am generally not a fan, but I haven't seen any that cause harm. Some readers have told me of success of using "high-mileage" oil that has additives to stop or slow leaks. Perhaps try that oil on your vehicle's next oil change.

I'm in the market for an SUV however I find that most of the SUVs are all-wheel drive which I don't feel I need as I drive only four thousand miles a year and I don't drive in the snow. Besides traction on slippery roads why do I need a vehicle with AWD? Is AWD standard on most SUVs or an option?

All wheel drive offers better traction in all driving conditions, but even all-wheel-drive as good as it is, can't change the law of physics. Here in the Northeast most sport utility vehicles are all-wheel-drive, in Southern states that isn't always the case. The other issue is that if you order an SUV in front wheel drive when it comes time to trade it in, it will have less value than a comparable AWD SUV. Depending on your budget, the Kia Soul (FWD only vehicle) has the utility of an SUV. If you wanted to move upscale a Volvo wagon is always a good choice.

I have a 2006 Ford Mustang GT. The headlight lenses/covers (which are plastic and part of the headlights) are very fuzzy and cloudy. I have tried the headlight cleaners in the auto store to no avail. I have also tried scrub pads I read about online, but still not good. Any suggestions what to do? New headlights are \$400 a piece!

At 15 years-old the plastic may have deteriorated to a point where they cannot be polished back to satisfactory performance. Although the factory headlamp assemblies are \$400 each you could try an aftermarket replacement. I have seen CAPA (Certified Auto Parts Association) approved replacement headlight assemblies including the bulb for \$80 each online. The new light will improve the headlight performance as well as the appearance of the car.

My 2014 Jeep Wrangler has an oil leak and according to Jeep there are 60,000 parts on backorder. Their only answer is make sure everything is tight and check the oil. It has been over a month and I'm still waiting. This Jeep is my only transportation and I'm concerned that the leak will get worse, ruin the engine and could cause in accident. There needs to be a recall on this issue. What do you think?

The common issue with the engine in your Jeep and many Chrysler products that use the V-6 engine is the oil filter housing leaks. The housing leaks due to a crack in the lower intake manifold. Owners may not even see oil on the ground, due to the engine design that can hold up to a

quart of leaking oil in the intake valley. I'm not sure a recall would speed up production of a replacement part. Still if this were my vehicle, I would check the oil often and report the issue to www.safercar.gov.

I work for a small trucking company and we have four box trucks with gasoline engines. Recently when I came to work, three out of four of the trucks had the catalytic converters stolen. What can we do to prevent this from happening again? We are a small company and even replacing the converters ourselves is going to cost \$4,000. Why do vehicle manufactures let this happen?

Once you have the new catalytic converters installed you could install some sort of ventilated plate or cross brace that would make removing the converters more difficult. I saw one truck owner that welded a piece of chain-link fence under his truck to keep this from happening. In my opinion, this isn't the fault of the vehicle manufacturer it is the unscrupulous scrap dealers who buy these parts without any documentation of who they are buying from and where the parts came from.

I noticed on the 2021 Ford Expeditions there is no engine cover installed. After searching, I'm finding Ford has stopped installing covers on other vehicles such as the F-150 pick-up. I contacted Ford for a reason but had no luck with an answer. Under the hood there are the clips and studs but no cover. I would like to put one on providing there is no safety reason (fire/overheating) for the lack of a cover. Up to 2020, the 3.5 engines had this cover. Yes, this might seem like a minor issue and I can live without it, but the engine looks "naked" without it.

I have two thoughts why there is no "beauty-cover:" cost savings, the retail price of the cover is about \$75 and perhaps it lowers the air temperature a bit. I suspect it is just a cost savings move by Ford, think of the millions of similar vehicles. Some of the F-150s with the 3.5 did not have the cover as far back as 2018. There are no technical bulletins asking dealers to removing the cover from in stock vehicles, which is always a clue of a safety issue. I would say based on my finding you could certainly install a stock engine cover.

I recently purchased a used 2018 Ford F-150 pickup truck and two comments and looking for a suggestion. I have always changed the oil in my vehicles, and I was surprised that the oil drain plug, and the oil pan are plastic. The second issue is the way the truck is designed when you remove the drain plug oil sprays everywhere. Do you have any suggestions for a neat oil change?

In the past I have fashioned shields out of empty oil and antifreeze containers to try to get the drain oil to flow into my drain pan-sort of works. Recently I saw that Dorman Products has a replacement oil drain plug (Ford specific) with a downward facing hole to keep oil changes neat. Certainly, worth looking in to.

I purchased a 2020 Honda CR-V in February of 2020. I have just over 2,000 miles on the odometer. Should I consider having the oil and oil filter replaced? I would normally be traveling more, but with the pandemic, my trips have all been short.

Honda, like many newer vehicles today, uses a computer to remind owners when to perform maintenance. These calculations are based on a variety of items such as time, mileage, and temperature. Still even with this computer calculation Honda and some other vehicle manufactures recommended to change engine oil at least once per year. If this was my CR-V I would change the oil, it is money well spent.

I looking to replace my sedan with a small SUV. I'm coming from a 2009 Nissan Maxima sport model which is a beautiful car and only has 63,000 miles on it. I'm thinking a smaller SUV would be easier to get in and out as I age. My thoughts are to replace my car now because I don't think vehicle prices are coming down! My real



JOHN PAUL
AAA's Car Doctor

question is, any thoughts on selling my car privately? Or do I just trade it and take the hit? I really don't want strangers coming over. I do think I answered my own question!

Certainly, you will get less for your car as a trade in than selling it privately. There are some things to keep in mind; your trade in will be applied to the purchase price which will reduce sales tax costs. In addition to meeting strangers at your home, you also need to accept that people will make appointments and never show up. Also, in this day and age, there is fraud to worry about. I have heard of people taking counterfeit bank checks, only to have no car and a worthless check.

I look forward to your column every week, I hope it never ends. I need your advice on an upgrade I am contemplating for my 1977 Plymouth Fury. It was born with a 318 engine (I did some performance up grades, nothing radical). It has a 727 three-speed transmission, an 8.25-inch differential with 3.55 gear ratio. The car also has headers, dual exhaust, and a four-barrel carburetor to complete the package. What I am thinking about is to upgrade to a four-speed automatic transmission. There are two options I am aware of. One is to replace my three-speed 727 with a four-speed 727. The other option is to add a Gear Vendors under/overdrive transmission. I of course would have it done by a professional. I would like to reduce the engine speed by about 20 percent on the highway. Whatever I do, my primary goal is to do it right and not cut any corners. What would you advise?

My first thought was to go with a Chrysler A-518, it is based on the 727-transmission (perhaps one of the best transmissions made) and is a close match to the original. You will need to cut the driveshaft and modify the transmission mount, linkage and since this transmission is about three inches longer than the 727. Using this transmission should drop the engine speed at least six hundred RPM and improve fuel economy. I spoke with AAA Approved Shop owner Junior Damato who has a reputation for building performance cars. His suggestion was the Gear Vendor under/overdrive unit, Junior felt the overall installation is simpler. This will essentially turn your three-speed automatic into a six-speed transmission. He recently put a Gear Vendor unit in a 700-horsepower car and it easily handled the power. Both options are pricey and will require some modifications, but both will also get the results you want.

I have a seven-year-old Subaru Outback. It has one AM and two FM settings on the radio. One day I pushed the AM button, like I do every Saturday and I did not get any AM stations, including the one that I listen to you on in the morning. Because of this I haven't been able to listen to your radio program for at least a year. The FM stations are perfect and working properly, what is wrong and how can I rectify it?

If the radio is staticky then the problem is with the antenna or antenna booster. If there is no sound at all then the radio has failed internally. If this is the case, then you can either take the radio out and have it repaired or replace it

Cont'd On Page 23

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Real Estate

Quincy Real Estate Transactions May 10 - May 14

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Deutsche Bank National Trust Company
Commander Thom Realty Trust
Sing C. Chiu
Brenda L. Campbell-Warner & Scott D. Warner
Sara Connaughton
Le Ding
150 Hancock Street Realty LLC
204-206 Presidents Lane Realty Trust
Kimberly A. Buffam
Brandon & Christina K. Nadeau
Estate of John G. Brosnan

Michael T. & Gail Hatch & Haley Hatch
Yi Zhong & Haiqiang Liu
E Y Realty LLC
Rachael L. Mann
EVW Realty Trust & Mack Revocable Trust
Maria Mainini
Yenchu Chen & I-Shih Huang
Deware Realty Trust
Deware Realty Trust
Frank Rubino
Daniel G. & Michele J. Beath
Meredith Cohen
Run W. Liang, Annie Zhang & Wanwan Hong
Galvcon Development LLC
Michael J. & Judith C. Kiley
Lester Realty Trust
143 & 151 Hancock LLC
Charanjit Heir & Ravdeep Kaur
Una J. Bermingham & Peter Wright
Gerard F. & Ann M. Connolly
Marina Liachev
Ryan E. & Erin J. Ahern

BUYER

Hieu Nguyen
Michael A. Tran
Danny Chau
Sherry Meadows
Bao X. Chen
Feng Lin & Yuyen Chiu
Karen Duong
John J. Gould
Lisa Soohoo
Michael Czitrom
Hai Xin Lin, Xiu Juan Lin, Zeng Gang Lin,
Weicheng Lin & Weinuo Lin
Wanshan & Raymond Z. Chen
Kerry Brodbeck
NIR LLC
Ryan John Smith & Sophia Marie Foroughani
Rashad Sims & Sarah DiSalvo
Evelina Ceca
Justin & May L. Mai
SCI California Funeral Services Inc.
SCI California Funeral Services Inc.
Brian J. Connolly
Scott D. Warner & Brenda L. Campbell-Warner
Leann M. McColgan
Mehran Khan, Matheen Khan & Amir Khan
Lacey M & Richard Myren
Daniela Poles & Nikitaa Suja
Patrick & Christine Even
Sinn & Yona Mak
Charles Dolan
Aitao Zhang
Kenny Nguyen & Anli Ziang
Erin E. McLaughlin
William & Mary Spears

AMOUNT

\$564,000.00
\$240,000.00
\$490,000.00
\$699,900.00
\$350,000.00
\$688,000.00
\$620,000.00
\$800,000.00
\$375,000.00
\$630,000.00
\$775,000.00
\$625,000.00
\$450,000.00
\$280,428.00
\$700,000.00
\$595,000.00
\$305,000.00
\$590,000.00
\$850,000.00
\$300,000.00
\$249,000.00
\$775,000.00
\$407,500.00
\$365,000.00
\$629,900.00
\$974,650.00
\$610,000.00
\$605,000.00
\$351,900.00
\$449,666.00
\$635,000.00
\$423,000.00
\$750,000.00

ADDRESS

19 Cyril Street
133 Commander Shea Boulevard, Unit 411
20 French Street
42 Tilden Commons Drive, Unit 5-7
26 Baxter Avenue
120 Hamden Circle
150 Hancock Street, Unit 100
204-206 Presidents Lane
200 Falls Boulevard, Unit G204
801 Sea Street

56 Butler Road
79 Hamden Circle
72-74-76 Sagamore Street, Unit 72
223 Farrington Street
16 Ellis Street
35 Hillsboro Street
35 Des Moines Road, Unit 208
32 Arthur Street
576 Hancock Street
3 Ellington Road
45 Oval Road, Unit 34
49 Tilden Commons Drive, Unit 7-1
20 Maxim Place
15 Bower Road, Unit A-10
2-18 Cliveden Street, Unit 502E
27 Dixwell Avenue
171 Milton Street
151 Hancock Street, Unit 11
165 Quincy Shore Drive, Unit C54
28 Apex Street
39-41 Cross Street
100 Marina Drive, unit 307
790 East Squantum Street

Good Deeds: Notice Of Real Estate Fraud

By WILLIAM
O'DONNELL
Norfolk County
Register Of Deeds

At the Norfolk County
Registry of Deeds there

have been a number of mod-
ernization initiatives imple-
mented. One such initiative
has been the free on-line
Consumer Notification Ser-
vice offered by the Norfolk

County Registry of Deeds
to property owners in the 28
communities that make up
Norfolk County.

The purpose of the Con-
sumer Notification Service
is to help protect Norfolk
County property and home
owners against the negative

consequences of property
fraud.

The Consumer Notifi-
cation Service is available
through the Registry web-
site [http://www.norfolk-
deeds.org](http://www.norfolk-
deeds.org). The purpose of
this Consumer Notification
Service is to proactively

give as much information
to the consumer in a timely
manner. The Registry of
Deeds deals with the biggest
asset most of us have, which
is our home. The Consumer
Notification Service is a way
to make sure that if someone
is perpetrating a fraud on the
title of your home that you
get notice of that fraud. Any
owner of real estate property
in the twenty-eight commu-
nities that make up Norfolk
County can sign up for the

Consumer Notification Ser-
vice free of charge. Go to
the Registry's website, click
Services and click on the
Consumer Notification Ser-
vice page, there is a "Sign
Up For Alerts" button.

Why should a home-
owner consider signing up
for this program? The Fed-
eral Bureau of Investigation
(F.B.I.) reports that property
and mortgage fraud is one
of the fastest growing white

Cont'd On Page 18



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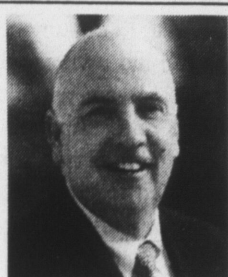
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16-Story Building Proposed For North Quincy

By SCOTT JACKSON

The Zoning Board of Appeals has given its approval to a developer's plan to construct a 16-story building with 240 residential units on Hancock Street in North Quincy — a proposal the applicant said would rehabilitate a gateway to the city.

The plan still requires approval from the Planning Board before the project can commence.

The developer, Tremont Quincy I LLC, is seeking to construct the new building at 71 and 61-69 Hancock St. The two parcels contain 0.82 acres of land, according to the city's online property records, and are currently home to Bert's Electric Supply, Domino's Pizza and a single-family home.

The applicant went before the Zoning Board of Appeals on May 11 and received the go-ahead from the board for the project that evening.

Sam Slater, the principal of the company seeking to construct the new building, told the board the proposal would greatly improve the surrounding area.

"I just wanted to say how committed we are to the city of Quincy and how confident we are that this

is a project that brings tremendous value to the community," Slater said, adding the project would be a "huge improvement to the community and to the neighborhood."

During their presentation, the applicant's team said the new building would enhance a gateway to Quincy.

"We are really excited about the building," said Brian O'Connor, an architect with the firm CUBE 3. "The idea here is really to treat this as a gateway into the city and think about how we can start to combine some very traditional Quincy materials, the red brick and the masonry, on the front edge of the building with some really more modern materials towards the back."

"We really want this building to not only reflect and bring forward some of the language of downtown Quincy, but also to be a very overtly modern building that really welcomes sort of where the city is going."

The first four floors of the building would serve as parking garage, with 204 total spaces available. Vehicles would enter and exit the garage on Newbury Street.

The remaining 12 floors would house 240 residential units — a mix of studios, and one-, two- and three-bedroom units.

The top 12 floors would be constructed in an L-shape, leaving room for a 6,800-square-foot elevated courtyard on the fifth floor on the side of the building opposite Hancock Street. Other amenities would include a dog park for residents at the ground level and a sky lounge on the 16th floor of the building with views of Boston and Boston Harbor.

O'Connor noted there are other high-rise buildings in the area, including the 12-story Neponset Landing building and a 10-story building at 100 Hancock St.

"There are some larger buildings in the area and all three buildings that we are taking down are low-rise," he said. "We think putting something a little bit more substantial here has an opportunity to really anchor the northern edge of the city."

David Mahoney, the attorney representing the developer, noted the city currently collects \$37,000 annually in property taxes from the two parcels. Once



ARTIST RENDERING showing a proposed 16-story building that would be located on the corner of Hancock and Newbury streets in North Quincy. The project has been approved by the Zoning Board of Appeals and is awaiting review from the Planning Board.

Rendering courtesy CUBE 3 architects

the new building is complete, the city could collect up to \$800,000 annually in property taxes.

Shaun Kelly, the applicant's traffic engineer, said 16,000 vehicles travel each day along the elevated section of Quincy Shore Drive near the project site, and the peak hourly traffic is about 1,400 vehicles. Some 3,000 vehicles traverse the section of Hancock Street adjacent to the project site on a daily

basis, Kelly said, with up to 180 cars an hour during peak periods.

The new building would generate 60 to 70 vehicle trips during the busiest hour each morning and evening, he said.

"In terms of an increase, it is about a trip per minute coming and going from the site," Kelly stated. "This project, in the immediate vicinity of the site where the impacts are most fo-

cused, it's about a 5 percent increase in traffic — and I would point out that is assuming there was no traffic activity at the site today."

Mahoney said there would likely be a shuttle bus to bring residents of the building to and from the North Quincy MBTA station.

Two residents spoke against the project during the May 11 ZBA meeting.

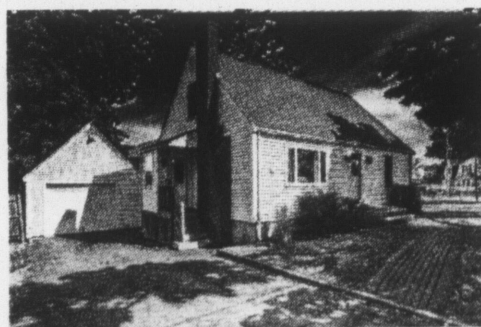
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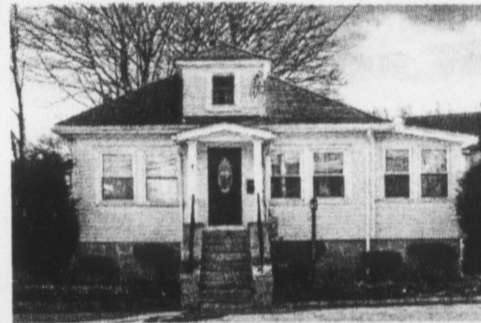
78 Lenox Street
2 BD 1 BA 1,110 SF \$500,000



50 Bittern Road
4 BD 1 BA 1,634 SF \$558,000



7 Utica Street
2 BD 2 BA 1,044 SF \$475,000



1 Pelican Road
2 BD 1F 1H BA 1,208 SF \$440,000

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4 Tips For Putting The Right Plant In The Right Place

Our backyards have taken on a greater importance in our lives since the COVID-19 pandemic. Yards, parks and other green spaces are the safe places for socializing, playtime and recreation.

Just about anything you can do indoors – working, cooking, reading, exercising – can be done outside. And that's why so many people are "backyarding" today and enhancing and expanding their personal bit of green.

Why add more plants, shrubs and trees to your backyard? Improvements to outdoor spaces can help people live more fully outside by adding plants for visual interest, creating borders and privacy, and designating "fields" for play. Research shows that living landscapes also have a calming effect on people seeking a break from stress.

Spring planting season

is in full swing, and as you spruce up your outdoor spaces, the TurfMutt Foundation shares a few important tips for putting the right plant in the right place.

Be purposeful. Determine how you want to use your yard, and then plant accordingly. Do you need a shade tree to sit under? Do kids and pets need a grassy area to play on? Will you add a patio or grill or picnic table for outdoor eating and socializing? Break your yard up into zones, and then use plants and other features to indicate where activities will happen. Once preliminary planning is done, conduct a plant inventory to determine what's currently thriving in your backyard.

Know your climate zone. Check out the USDA Plant Hardiness Zone Map to learn which plants, grasses, shrubs and trees are most likely to succeed where you live. Do you have long, hot

summers? Are you in an arid region or a wet one? Understanding your environment will help you select climate-appropriate plants that will thrive.

Plant for pets. You'll want to keep pet needs in mind when mapping out planting plans. Consider planting a hardy turfgrass which is more likely to withstand pet traffic. Keep resilient plants and flowers in heavily-trafficked areas of your yard and save the delicate varieties for raised planters on porches or patios. Finally, know which plants are dangerous to pets by downloading the ASPCA's list of poisonous plants.

Plant for pollinators and wildlife. Your living landscape in your backyard isn't just for your enjoyment. Yards are also a vital home habitat for pollinators (bees, butterflies and birds) and backyard wildlife who



rely on your backyard ecosystem for food and shelter. Planting nectar and pollen-rich flowers that are appropriate for your climate will nourish pollinators. Allowing a pile of grass clippings to decompose on your lawn (rather than bagging it for the trash) will shelter

insects, worms and other backyard critters. Dead tree branches can create nooks for butterflies, bees, birds and other wildlife.

Choose the right plants for your climate and lifestyle, and you'll be rewarded with a beautiful and purposeful green space your

entire family will enjoy.

To get inspired to "backyard more" in the seasons ahead, go to TurfMutt.com. To sign up for Mutt Mail, TurfMutt's monthly e-newsletter with TurfMutt Foundation news and backyarding tips, go to: <http://eepurl.com/he0XzD>.

Good Deeds: Notice Of Real Estate Fraud

Cont'd From Page 16

collar crimes in America. Multiple jurisdictions across the country have reported individuals recording fraudulent documents and making it appear that they own another person's home or property. Once this is done the unscrupulous criminal may try to use the property as an asset to secure money.

I can vouch for the Consumer Notification Service at the Norfolk County Registry of Deeds not as the person tasked with the responsibility of overseeing this real estate operation but as someone who has signed up for this service. The system sends an email alert out to me if there is some document recorded in my name. Once I receive a notice I can go on the Registry website to view the document in question. My dad who climbed utility poles for the Boston Edison for 38 years would remind me that some folks may not be great on the computer. In that case after receiving your email notification you can call the Registry of Deeds Customer Service Center at 1-781-461-6101 to follow up and get some guidance. I have gotten email notices of deeds, mortgages, mortgage discharges and other land documents. Luckily

these notices have involved other William O'Donnells and did not involve my home. You may consider an email notification a small inconvenience when you weigh the consequences of a fraud on your house or condominium. There may be a time that when I get one of these notifications and it will show a fraudulent deed involving my home or a fraudulent mortgage on my property. The fraud has not been prevented but the Consumer Notification Service will be a way to get notified and get on the problem right away. On the Registry website we have Law Enforcement Contact Information.

I mention this free Consumer Notification Service for Norfolk County property owners as a number of homeowners have recently contacted me about a private corporation that will provide its "basic protection service" which monitors your title and notifies you of problems, of course for a fee. Some folks may see free as better and decide to sign up for the Norfolk County Registry of Deeds Consumer Notification Service. Under Massachusetts law a forged signature does not convey ownership so the forged deed would be void as would any mortgage that was put on as a result of the fraudulent deed. The real risk is not that you will lose your property, it is that you will be saddled with the hassle and cost of proving to everyone that you did not execute the forged deed. There would be time costs as well as monetary costs involving law enforcement as well as attorneys to repre-

sent you in making sure the fraud is proved. The Consumer Notification Service of the Norfolk County Registry of Deeds would be a prompt way to be informed of a fraud against your home and then immediately take the necessary steps to protect the biggest asset most of

us have, our home, and fight the fraud.

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and [Instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

Ask Barbara Graceffa: Secretary Of The Interior Home Staging in a Seller's Market

We'll soon be putting our home on the market. Do you recommend staging it given today's low-inventory market? Aria and Paul

Let me set the stage (unintended pun!) with a few stories I have collected from clients over the past few weeks.

One busy young couple looking to buy their first home makes plans to attend weekend open houses on the South Shore but sometimes the homes are sold before the weekend even arrives. When they are still available, it is not unusual for them to wait in line with 50 other prospective buyers. Last week, they offered 10 percent more than asking for a \$365K home to reach their max budget of \$400K and the offer was rejected.

A house in Canton, where the average home value is north of \$480K, recently sold for \$100K over asking price.

Homeowners in Danvers received 73 offers above the asking price for their home and immediately dismissed offers from buyers who had to sell a home in order to buy theirs, who did not present a cash offer or who hadn't waived the home inspection.

With these scenarios, you might be thinking, home staging is not necessary. Not true! Staged homes give you a visual edge and stand out from the competition, sell faster, and attract more money than non-staged properties. And now more than ever, buyers want move-in ready homes at these elevated price tags.

Let me share some top tips from my own twelve-step ABC's of home staging I compiled for my home staging workshops.

First, depersonalize. Potential buyers want to envision their own family pictures on the mantel and their favorite art style on the walls and décor preferences throughout. If, for example, you prefer maximalist bohemian style or favor gothic with black walls and furniture, change the paint colors and dial your style WAY BACK to appeal to mainstream buyers.

Second, eliminate the clutter. Even if you don't have clutter in the classic definition, excess "stuff" makes rooms look smaller. Oversized furniture, wall-to-wall books on the shelves, and baskets and baskets of well-organized toys or

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land

record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

shoes can be a turn off. In fact, even rolling up an area rug to showcase beautiful hardwood floors, removing a side chair and end table, and taking down window treatments and wall art all contribute to the illusion of a larger home.

Third, clean, clean, clean because first impressions count. For example, start at the front door and clean the light fixture and sweep the stairs because buyers will notice the dirt waiting for the realtor to unlock the door. A less-than-clean home could raise red flags for potential buyers wondering if there are other deferred maintenance issues.

In closing, there are two kinds of staggers – those who bring furniture and accessories into your empty home (empty rooms actually look smaller and buyers cannot envision furniture placement in empty homes) or those who advise you how to best use what you currently own. And there are several pricing models for staging services. Some charge 1-2% of the home's value while others charge a flat consultation or hands-on assistance rate based on the size of your home. Few offer relocation services, too, to pack, meet the movers and set-up your new home.

Barbara Graceffa, aka Secretary of the Interior, offers home staging with your own belongings and relocation services at reasonable rates. Learn more about her services, workshops and quilt shows at www.sec-interior.com, read her blog at secretaryinteriordecorating.blog and follow her on Facebook and Instagram @secretaryinteriordecorating. You can reach her at 617-921-6033.

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"LADIES IN MOTION" team members (from left to right) Salanna Smith, Julie Rivera and Helida Furtado submitted this photo after running the 2021 Stop the Stigma Virtual 5K. The race provided vital funds to Interfaith Social Services' New Directions Counseling Center.

Photos Courtesy Interfaith Social Services



JOHN PERLOWSKI, an employee of Arbella Insurance, submitted this photo of his 2021 Stop the Stigma Virtual 5K team in their matching shirts. Arbella Insurance Foundation, a major 5K sponsor of the event, assembled a team of more than 70 Arbella employees to participate in the race virtually.



INTERFAITH SOCIAL SERVICES' New Directions Counseling Center therapist Barbara Goodman took part in the 2021 Stop the Stigma Virtual 5K with her dog. Proceeds from the race will allow therapists such as Goodman to provide more than 2,500 counseling sessions for those in need.

ISS's Stop The Stigma Virtual 5K Raises \$77,000

Interfaith Social Services' recent Stop the Stigma Virtual 5K raised a record-breaking \$77,000 last month, with more than 400 participants walking and running to support those affected by mental illness and addiction. The annual race brings awareness to social stigmas and breaks down financial barriers surrounding mental health care. Proceeds benefit the New Directions Counseling Center at Interfaith.

New Directions Counseling Center in Quincy serves anyone seeking counseling but prides itself on being a safety net for the uninsured and underinsured members of our community. New Directions removes financial barriers to treatment by offering a sliding scale payment system, making mental health care accessible to all. Proceeds from the 47th annual Stop the Stigma Virtual 5K will provide more than 2,500 counseling sessions for those that are uninsured or cannot afford high co-pays or deductibles.

In addition to providing financial assistance for counseling services, the 5K opens the dialogue about mental health stigma in hopes that those suffering will feel more comfortable to seek out the help they need without feeling shame. A few 2021 participants shared why taking part in the race is important to them:

• **WHY I RAN:** After personally witnessing the effects of addiction in her family, Alyssa wanted to understand the biology of substance use disorders. Now she is finishing her PhD in neuroscience at Tufts University to understand how alcohol changes the conversations between brain cells. She ran the Stop the Stigma 5K this year for the nearly 90% of people who never



MALLORY JACOBS, of Quincy, walks along the seawall as she completed Interfaith Social Services' Stop the Stigma Virtual 5K last month. The race supports Interfaith's New Directions Counseling Center and raised more than \$77,000 to remove financial barriers to mental health care.

receive appropriate addiction counseling and is grateful to be able to help South Shore families access the help they need.

• **WHY I RAN:** Mary from Quincy shared: "My husband of 29 years just died on January 2. He passed away from alcoholism and had anxiety and major depressive disorder. Despite all the benefits in front of him, he could not fight the demons. My three sons and I don't want this to happen to another family. New Directions is helping me by offering grief counseling. The Stop the Stigma 5K raises money so people less fortunate can get the help they need."

More than 400 participants from as far away as Hawaii and Key West, Flor-

event. They walked or ran the 5K routes of their choice between April 26 and May 2 and shared their completion times and race photos online. Many participants collected pledges from friends and family, increasing the impact of their contributions.

Several local businesses showed their support by sponsoring the event, including major 5K level

sponsors Arbella Insurance Foundation and The Heritage Companies. Gold level sponsors Beth Israel Deaconess Hospital - Milton, Harvard Pilgrim Health Care Foundation, IntelyCare, and J. Calnan & Associates, and Silver level sponsors Blue Cross Blue Shield of Massachusetts, First Congregational Church of Randolph UCC, Keohane Funeral Home, Plymouth Quarries,

SIGNET Electronics, South Shore Health, and United-Healthcare.

To view more photos from the event or to make a contribution, visit StopTheStigma5K.org. Information on the New Directions Counseling Center, including instructions for making an appointment, can be found at InterfaithSocialServices.org.



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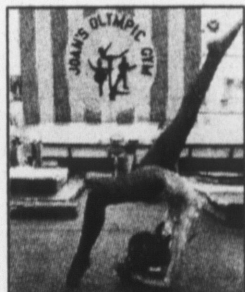
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NORTH QUINCY'S Orla O'Driscoll, right, celebrates after crossing the plate for a run with teammate Ciara O'Connor, left, during high school softball against Quincy. The Presidents defeated the Raiders 15-8 May 14 at Mitchell/McCoy Field. *Quincy Sun photos/Tom Gorman*



QUINCY'S COLLEEN MORAN races home as North Quincy catcher Ciara O'Connor awaits the throw.

Presidents' Offense Keys 15-8 Win Over NQ

By TOM JOYCE

Neither team had any issue scoring runs, but the Quincy High Presidents got their bats going a little earlier than their in-city rival.

The Presidents served as the away team in their May 14 game against the North Quincy Raiders, and thanks to success in the first couple of innings at the plate, they came out with a 15-8 victory. With the win, Quincy improved to 2-2 on the season while North Quincy fell to 1-3.

"I'm very happy with the way things went," Quincy head coach Greg Sommers said. "The last few games, we really struggled to hit, but we were able to get runs across the plate. Every single girl in the lineup contributed at the plate which was awesome to see. Not only that, but they were making plays in the field. Hats off to North Quincy, they've got some really good hitters. They put pressure on us and hung around. I'm super proud of these girls. It was awesome."

Quincy batted around the order in the top of the first inning, putting four runs on the board. They also put up five runs in the top of the second, taking an early 9-0 lead.



NORTH QUINCY PITCHER Maureen O'Brien hurls one against Quincy.

With one down in the first, Ashley Grehan singled, Cady Hansbury doubled, and Emma Glavin doubled, knocking in a pair of runs. North Quincy recorded another out, but then Erin Davies hit a single and Bella DelPrete hit a double, putting runners on second and third and giving the team a 4-0 lead. North Quincy got out of the inning with a strikeout.

The next inning, the team batted around the lineup again. This time, Olivia

DelPrete had a leadoff single, and Grehan and Hansbury drew walks, the team scored on a passed ball, then Glavin had an RBI single to center field. After her, Colleen Moran knocked in two runs with a two-RBI double past third base. That put the team up 7-0. Additionally, Davies and Bella DelPrete hit singles in the inning, driving in two more runs.

Sommers said the key for the Presidents this season is their senior leadership.

"We have a lot of girls



QUINCY'S EMMA GLAVIN, left, prepares to take off from second as teammate Colleen Moran, right, takes off from first.

who have played softball for a long time and they're leading these younger kids," he said. "I think it really helps out."

This put Quincy on pace to win by the slaughter rule, but that wouldn't happen. They tacked on six more runs in the game, including a solo home run from Davies in the top of the fifth in-

ning, but North Quincy also had their share of offensive success in the game.

The team put up three runs in the bottom of the third to make it an 11-3 ballgame.

Ava Bryan started things off by drawing a walk and Ciara O'Connor doubled, putting two runners on base. After the team recorded

an out, Orla O'Driscoll knocked both runners in – and herself – with a homer. North Quincy then recorded two outs to finish off the inning.

While Quincy added three runs to the board in the top of the fourth inning, O'Connor hit a two-run triple to make it 14-5, then

Cont'd On Page 21



QUINCY'S ASHLEY GREHAN cracks a hit.



QUINCY PITCHER BELLA DELPRETE pitches against North Quincy.

Quincy Girls' Lacrosse Downs North Quincy, 13-9

By TOM JOYCE

The Quincy High girls' lacrosse team had no issue finding the back of the net in the first half.

They enjoyed plenty of offensive success early, and it made the difference in their in-city rivalry contest against the North Quincy High Raiders on May 15. Both sides had their share of offensive success, but Quincy held onto an early lead as they picked up a 13-9 win on the road. With the win, they improved to 4-1 on the season while North Quincy fell to 2-2.

"I thought we played really well," Quincy head coach Kerry Monaco said. "We were strong defensively and offensively. I think we came out ready to play and were well-prepared for it. They're a good team and it was a hard-fought game.

I think offensively we were just working the ball around a lot and we had great possessions and were waiting for our opportunities to score."

Quincy put up 10 goals in the first half as North Quincy put up five. The team had a 5-3 lead after the first quarter and went on to outscore their opponent 5-2 over the next 12:30.

In the second half, North Quincy had some success on the attack. They put up the first goal of the third quarter with 3:42 remaining, but their opponent responded with a rush and a goal less than one minute later.

While North Quincy outscored their opponent 4-3 in the second half and pulled within three goals, 11-8, just over a minute into the fourth quarter, Quincy responded with back-to-back goals

over the next five minutes to protect their lead, preventing a comeback.

North Quincy head coach Marissa McGue said she was happy to see her team play well and find some goals in the second half.

"It was a very competitive game--which I was very happy about--we're coming off not playing in two years, so definitely getting back in the swing of things," she said. "I think defensively we definitely got ourselves reorganized in the second half which I was very proud of. We take a lot of pride in our defense, so that's definitely something we want out there."

A 2016 North Quincy High grad, McGue shined in soccer, basketball, and lacrosse in high school. That said, she was happy to be a part of the rivalry once

again.

"It was awesome," she said. "It was definitely more nerve-wracking being on the sidelines and not being on the field, but I missed it, so I'm so excited to start my coaching career here."

Maddie Bailey led the scoring effort for the Presidents, netting a team-high six goals. Meanwhile, Delia Nichol finished second on the team with four goals. Other players to score for the Presidents in the win included Chloe Lynch, Lindsey Hatfield, and Jackie Kane. Captain Alyssa Ryan also had a team-high four assists for the Presidents.

On the Raiders' side, Jamie McAleavy led the scoring effort. She put up a team-high five goals in the bout. Teresa Sheedy was the team's other multi-goal scorer against Quincy. She

scored twice. Additionally, both Alexandra Abrahamovich and Mikayla Kennedy had a goal. Plus, Emma Ford and Charlotte Kelliher each had a pair of assists.

The roster for the Presidents this season includes: freshman Mary Saccoach, senior Rachel McKenna, senior Ashley Grehan, senior Gianna Gattorna, senior Priscilla Bonica, junior Kate Downey, senior Narah Cohen, senior Julia McGillicuddy, sophomore Maggie Lynch, senior Olivia DelPrete, sophomore Cady Kelly Hansbury, junior Emma Glavin, senior Bella DelPrete, junior Colleen Moran, senior Samantha Coletti, senior Danielle Toomer, and junior Erin Davies.

The roster for the Raiders this season includes: freshman midfielder Nina

Smith, freshman midfielder Kate Lyons, senior defender Ellie Anderson, senior midfielder Mikayla Kennedy, senior attacker Jordan Della Barba, junior midfielder Jamie McAleavy, sophomore midfielder Melanie Chretien, senior attacker Emma Ford, freshman midfielder/attacker Meg Lyons, junior midfielder/defender Charlotte Kelliher, freshman midfielder/defender Isabel Kraimer, junior midfielder Carly Amendolare, freshman midfielder/defender Faye Fitzpatrick, junior defender/midfielder Teresa Sheedy, sophomore defender/midfielder Brianna Alvarado, freshman defender Grace Pickering, sophomore attacker Caitlin Feeney, junior defender Alexandra Abrahamovich, and senior goalkeeper Jenny Yang.

Quincy Baseball Tops Pembroke, 4-1

By TOM JOYCE

For much of the game, hits were hard to come by for both teams.

While the Pembroke High baseball team struck first, the Quincy Presidents responded -- with more runs. Ultimately, the Presidents defeated Pembroke 4-1 on the road on May 11 to improve to 3-0 on the season.

"Their pitcher pitched great," Presidents' head coach Rick Beach said. "He threw strikes. He did a great job. Our pitcher did great. He's a kid who came from BC High, didn't make it over there, but he comes here, he pitches great, he gets a base hit to boot. It was two good pitching jobs. Both pitchers threw strikes."

Offensively, the Presidents couldn't get much going early in the contest. They had one runner reach base in the first three innings; Matthew Kelly legged out an infield single with two outs in the second inning. He went

two-for-three with an RBI in the win.

Meanwhile, Pembroke struck in the bottom of the third and had the lead for a couple of innings as a result. Quincy starting pitcher Zach Donaghue retired the side in order in the first inning, gave up a single and a walk in the second inning but got out of it unscathed, and allowed Pembroke's only run of the game in the third.

Donaghue pitched a complete game and picked up the win. He allowed one run on three hits and three walks while striking out eight batters.

Pembroke started the third with a deep single that landed between center and right field. While the next batter struck out, that leadoff hitter stole second base during the at-bat and reached third base during the next at-bat on a passed ball. The third batter of the inning walked and a passed ball during the next at-bat

resulted in a run. However, Quincy then recorded two outs, including a strikeout on a curveball to end the inning.

After that inning, Donaghue only let up one more hit and walk in the rest of the game. The hit was a double in the sixth inning and the walk came with two down in the bottom of the seventh.

Nicholas Ferrara reached base for the Presidents in the fourth inning on an infield error and took second on the overthrow. A flyout got him to third base but with two outs, another flyout ended the inning.

Run production began for the Presidents when they were four outs away from a shutout.

The first two batters in the top of the sixth grounded out to the pitcher and struck out respectively, but Coleman Ross kept the inning alive by drawing a walk. Donaghue knocked him in with an RBI double,

tying the game. He then stole third base and Matthew Kelly knocked him in with an RBI single. Joseph Hennessy bunted his way onto first base as the pitcher misplayed the ball, but an infield groundout ended the inning.

The Presidents added two more insurance runs in the top of the seventh.

Kellen Kopp started things off with a walk and Devin Desmond knocked him in with an RBI double to right field. Desmond scored during the next at-bat. He stole third base and the catcher overthrew the ball, so he also ran home and scored. While the next batter reached, he was caught stealing second. Ferrara smashed a double near the left field wall with one down, but the next two batters got out, ending that half of the inning.

"We ended up getting some hits which was great, it just took us a while to get

going," Beach said. "Devin hit a shot that scored a run. It was a pretty good game. We threw strikes, no errors, and in the end, we ended up hitting the ball which helped."

Donaghue had no issue closing out the game, forcing a pair of groundouts and a popout to end the game with one walk in the inning.

Beach said one of the biggest challenges for the team will be adjusting to the MIAA's pitch count rule. It says that a pitcher doesn't need any days of rest if they throw one to 25 pitches in a game; they need one day of rest if they throw 26 to 40 pitches; they need two days of rest if it's 41 to 55 pitches; three days of rest for 56

to 70 pitches; and four days of rest for 71 to 115 pitches.

"We still need pitching," he said. "This pitch count rule kind of hurts because you gotta have about four or five pitchers."

The roster for the Presidents this season includes: Martin Muscato, Andrew Peterson, Devin Desmond, Kellen Kopp, Zach Donaghue, Nicholas Ferrara, Ryan Laroche, Ryan Chetwynd, Dylan Green, Emmett Bandzak, Harrison Stengel, David Noble, Coleman Ross, Matthew Kelly, Ryan McCarthy, Joseph Hennessy, Daniel Freeman, Ryan Lawton, Albert Guzman, and Anthony Morabito.

Quincy Softball Defeats NQ

Cont'd From Page 20

Mary Stanton knocked her in as she reached on an error.

Additionally, Caroline O'Donnell had an RBI single for North Quincy in the bottom of the sixth and Maureen O'Brien had a sacrifice with one out in the bottom of the seventh to score Bridget Capone.

"It was nice to get back out there," North Quincy head coach Liz Kelly said. "It's always nice to play Quincy High. It's nice to get the energy out there. A lot of nerves, but it was nice to just get back out there."

"Their bats definitely came alive a little too late in the game, but I was proud of them for coming back and

they were really starting to crush the ball," she added.

The roster for the Presidents this season includes: freshman Mary Saccoach, senior Rachel McKenna, senior Ashley Grehan, senior Gianna Gattorna, senior Priscilla Bonica, junior Kate Downey, senior Narah Cohen, senior Julia McGillicuddy, sophomore Maggie Lynch, senior Olivia DelPrete, sophomore Cady Kelly Hansbury, junior Emma Glavin, senior Bella DelPrete, junior Colleen Moran, senior Samantha Coletti, senior Danielle Toomer, and junior Erin Davies.

The roster for the Raiders this season includes: sophomore Maureen O'Brien, sophomore Marybeth Smith,

junior Bridget Keane, sophomore Keira Murphy, sophomore Bridget Capone, sophomore Mary Stanton, junior Myra Qasim, junior Orla O'Driscoll, senior Ci-

ara O'Connor, freshman Avery Abrahamovich, freshman Ava Bryan, freshman Brooklynn Rizzo, freshman Caroline O'Donnell, and junior Kathryn Boylan.



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Quincy/North Quincy Spring Track Results

Patriot League Fisher Division

QNQ vs Pembroke - May 11

Faxon Field Complex

Officials: Wayne Henderson, Brian Moody, John Buckley MTFOA

Boys Score: Pembroke 75 QNQ 61

Girls Score: QNQ 69 Pembroke 67

First Last	Gen	Event	Perf.	Score/Place
Sorcha Quinn	F	400LH	1:18.3	1
Piper Henderson	F	400LH	1:27.3	
Ciara Golden	F	400LH		
Bobby Donovan	M	400IH	1:06.5	1
Huy Ho	M	400IH	1:15.8	
Emilia Henry	F	100	13.1	2
Catherine Brown	F	100	13.2	3
Eileen Durgin	F	100	13.7	
Kylee Rascoe	F	100	14.2	
Noelia Rosado	F	100	14.4	
Kimberly Le	F	100	14.6	
Celia Cronin	F	100	15.1	
Kathy Duong	F	100	15.4	
Isabella Reyes	F	100	15.9	
Leila Keaney	F	100	16.1	
Aluna Coogan-Coyne	F	Mile	5:45.2	1
Grace Cody	F	Mile	6:56.3	
Sofija Slezas	F	4 x 100	51.7	1
Catherine Brown	F	4 x 100		
Emilia Henry	F	4 x 100		
Victoria Rak	F	4 x 100		
Isa Hanley	F	400	1:06.6	2
Maeve White	F	400	1:10.9	
Paige Grippi	F	400	1:15.1	
Kiera Sleiman	F	100HH	16.8	2
Eileen Durgin	F	100HH	17.5	
Vanessa Guan	F	100HH	20.1	
Mollie Smith-Gaeta	F	100HH	20.2	
Leila Keaney	F	100HH	21.1	
Lezly Acevedo	F	800	2:38.7	2
Sophie Cerone	F	800	2:54.5	
Charlotte McConville	F	800	3:22.2	
Juliana DiBlasi	F	800	3:26.5	
Sabrina Egan	F	800	3:33.5	
Sofija Slezas	F	200	26.4	1
Victoria Rak	F	200	28.2	
Jahan Lin	F	200	30.2	
Aluna Coogan-Coyne	F	Two Miles	13:04.4	1
Victoria Mariano	F	Two Miles	13:33.7	2
Isa Hanley	F	4 x 400	4:53.3	
Lezly Acevedo	F	4 x 400		
Jennie Burgess	F	4 x 400		
Maeve White	F	4 x 400		
Matt Wong	M	100	11.3	3
Andrew Hodgdon	M	100	12	
Keywonn Fields	M	100	12.3	
Tom Murphy	M	100	13	
Truett Bramlett	M	100	13.7	
Devin Nellany	M	100	13.9	
Jeanior Alexis	M	100	14.4	
Hao Trieu	M	100	15.3	
Matthew Nellany	M	100	15.7	
Robert Cannon	M	Mile	5:01.6	1
QuangVinh Tran	M	Mile	5:16.0	3
Kyle Clements	M	Mile	5:35.8	
Mat Hollatz	M	Mile	6:20.0	
Nick Pereira	M	4 x 100	46.9	1
Keywonn Fields	M	4 x 100		
Jose Las	M	4 x 100		

First Last	Gen	Event	Perf.	Score/Place
Matt Wong	M	4 x 100		
Brian Gutro	M	400	54.2	1
Matt Miranda	M	400	1:09.5	
Bobby Donovan	M	110HH	17.3	1
Charlie Codner	M	110HH	20.4	
Charles Shepherd	M	110HH	26.5	
Matthew Francouer	M	800	2:11.3	1
Tom O'Neill	M	800	2:27.1	
Patrick Lee	M	800	2:31.2	
Matt Leonard	M	800	2:40.3	
DanteNguyen	M	800	2:58.2	
Nick Pereira	M	200	23.6	1
Jack Nelson	M	200	24.3	3
Jose Las	M	200	24.7	
Oisin Coogan-Coyne	M	200	25.1	
Charlie Codner	M	200	25.3	
Huy Ho	M	200	26.2	
Sam Hurley	M	200	26.2	
Robert Cannon	M	Two Miles	10:36.7	1
Kyle Clements	M	Two Miles	11:29.4	3
Brian Gutro	M	4 x 400	3:55.2	1
Matthew Francouer	M	4 x 400		
Jack Nelson	M	4 x 400		
QuangVinh Tran	M	4 x 400		
Vanessa Guan	F	Long Jump	10'02"	
Kathy Duong	F	Long Jump	11'11"	
Zoe Rakarich	F	Long Jump	12'06.5"	
Victoria Rak	F	Long Jump	14'05"	
Eileen Durgin	F	Long Jump	14'06"	
Victoria Berry	F	High Jump	4'00"	
Mollie Smith-Gaeta	F	High Jump	4'06"	
Catherine Brown	F	High Jump	4'10"	3
Natalia Kepczynski	F	High Jump	4'10"	2
Lauren Donahue	F	Shotput	22'10"	
Kelsey Duong	F	Shotput	23'03"	
Pilar Brown	F	Shotput	25'08"	
Niamh Mwafurirwa	F	Shotput	33'05"	1
Sorcha Quinn	F	Javelin	101'11"	1
Kat Shaughnessy	F	Javelin	54'00"	
Victoria Berry	F	Javelin	61'05"	
Lucy Lynch	F	Javelin	74'00"	
Emilia Henry	F	Javelin	86'10"	3
Mollie Smith-Gaeta	F	Triple Jump	27'09"	
Kiera Sleiman	F	Triple Jump	33'02"	2
Lauren Donahue	F	Discus	64'03"	
Niamh Mwafurirwa	F	Discus	74'00"	3
Pilar Brown	F	Discus	74'06"	2
Kelsey Duong	F	Discus	74'07"	1
Jose Las	M	Long Jump	14'10"	
Matt Wong	M	Long Jump	17'11"	
Brian Gutro	M	Long Jump	18'02"	
Keywonn Fields	M	High Jump	4'10"	3
Matthew Nellany	M	Shotput	21'01"	
Devin Nellany	M	Shotput	28'02"	
Jeanior Alexis	M	Shotput	29'00"	
Charlie Codner	M	Shotput	34'04"	
Ahmad Powell	M	Shotput	35'02"	3
Jack Nelson	M	Javelin	110'02"	2
Clayton Corley	M	Javelin	119'08"	1
Tom Murphy	M	Javelin	88'09"	
Nick Pereira	M	Triple Jump	35'07.5"	3
Brian Gutro	M	Triple Jump	35'10.5"	2
Matthew Nellany	M	Discus	47'02"	
Jeanior Alexis	M	Discus	55'03"	
Devin Nellany	M	Discus	55'05"	
Ahmad Powell	M	Discus	76'06"	3

Quincy, North Quincy Varsity High School Sports Shorts

In recent high school varsity sports action:

North Quincy girls lacrosse edged Hull, 5-4. Teresa Sheedy (1 goal, 1 assist) scored in the final 2 minutes to give the Raiders the victory. Jamie McAleavy had 2 goals and Charlotte Kelliher 2 goals and 1 assist.

North Quincy baseball dropped their home opener to Hanover, 5-0. Sophomore Zach Taylor's pitching line 6-IP, 3H, ER, 3K.

The Raiders defeated the Quincy Presidents, 6-2. Liam Hines pitched seven innings striking out six and

on earned runs. At the plate he had two hits including a triple and a run scored.

Johnny Lynch had two hits and three RBI, Alex Montero two hits, an RBI and stolen base; Zach Taylor two hits, an RBI, run scored and stolen base; and Scotty Ritz a hit, two runs scored and a stolen base for the Raiders.

North Quincy also defeated Pembroke, 7-2.

Liam Hines led the offense with three hits including a double and triple, two RBI, two runs scored and a stolen base. Scott Ritz (2H, 2B, 2R, SB), Alex Mon-

tero (H, 2RBI) and Johnny Lynch (2B, R, RBI Sac Fly) also swung the bat well for the Raiders.

On the mound, Kyle DeBoer picked up his first varsity win pitching five innings with no earned runs and three strike outs. Robert Broderick pitched 1.1 innings of shutout baseball.

Quincy boys volleyball lost its home opener to Taunton but bounced back to defeat Barnstable.

Against Taunton, Quincy bowed 3-0. Game scores were 25-21, 25-16 and 25-17.

Quincy had 33 digs, 23 kills and 21 assists as a team.

The Presidents swept Barnstable 3-0 to improve to 3-1. Scores were 25-13, 25-21 and 25-20.

Quincy had 29 kills, 37 digs and 5 blocks as a team.

Quincy/North Quincy combined wrestling bowed to Plymouth South, 45-15.

Wins for Q/NQ: 113 Nathan Doyle (freshman) by pin; 132 Michael Colantonio (Jr) 7-0 decision; and 195 Davy Holiday II (Sr) by pin.

North Quincy girls lacrosse bowed to Pembroke, 15-3. Scoring the Raiders goals were Alex Abrahamovich (2) and Brianna Alvarado (1).

Alexandra MacPherson Earns Distinguished Senior Award

Springfield College Senior Alexandra MacPherson of Quincy earned the Springfield College Visual and Performing Arts Distinguished Senior Award.

MacPherson received the honor at the recent Springfield College Academic Awards, held on campus.

Scores and stats are submitted to The Quincy Sun via email by the high school varsity coaches.

To submit recaps to The Sun email Thequincysun@verizon.net.

The Distinguished Senior Awards are presented annually to graduating students who have performed consistently well in the classroom.

The award recipients are chosen by their respective peers in their individual department.

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Seedling Giveaway Encourages Donations Of Fresh Produce To Area Food Pantries

Plant.Grow.Share.

With the 2021 growing season underway, Plant.Grow.Share. is once again reaching out to the community, asking for help in supplying our area food pantries with fresh produce. Anyone interested may pick up a free plant seedling during the week of June 7 - 11 at any of the following locations:

- Interfaith Social Services, 105 Adams St., Quincy - (617) 773-6203
- Weymouth Food Pantry's Warehouse, 40 Reser-

voir Park Dr., Unit B, Rockland - (781) 331-7682

Grow a Row to Share - Help Feed your Family and Your Community

All community members - from green thumb to first time gardeners - are invited to participate by growing, then donating a portion of their harvest, to one of our area food pantries: Interfaith Social Services, Weymouth Food Pantry, or Milton Community Food Pantry.

"People often want to help out in their commu-

nity, but aren't always sure how. Growing vegetables in their backyard and donating a portion of the harvest to a food pantry is a simple and enjoyable way to help out," said Joe Reardon, vice president for Community Development and Advance Planning at Keohane Funeral Home.

Gardens will also be planted at Keohane Funeral Homes Quincy and South Weymouth locations. Interfaith Social Services will have two gardens - one next to their office at 105 Adams St. in Quincy - and one on

their rooftop.

Join the Plant.Grow.Share. Movement

Plant.Grow.Share. connects the enjoyment of gardening with the need for fresh, healthy food at our area pantries. In addition to hosting an annual seedling giveaway, Plant.Grow.Share. offers free gardening workshops, encourages volunteerism and monetary donations to area food pantries, and provides gardening tips and recipes throughout the growing season.

Monetary donations can be made through Interfaith Social Service's website: <https://interfaith-socialservices.org/donate/>; Weymouth Food Pantry's website: <https://www.weymouthfoodpantry.org/donation-page>; or the Mil-

ton Community Food Pantry website: <https://www.miltonfoodpantryma.org/donate>

Store bought produce and other food items are also always welcomed at Interfaith Social Services and Weymouth Food Pantry.

Plant.Grow.Share. - a fresh food initiative for our local food pantries, is co-sponsored by Keohane Funeral Home, Interfaith Social Services, the Weymouth Food Pantry, and the Milton Community Food Pantry.

"We are always amazed with the level of interest and community participation in Plant.Grow.Share. From individual volunteers - to organizations such as the Tufts Library, our partner food pantries and Holly Hill Farm - we are thank-

ful for and inspired by the wonderful partnerships that have been formed over the need to help feed the hungry in our local communities," Reardon said.

Follow us on Facebook @KeohaneFuneralHome for program updates, recipes, and gardening tips.

For questions, or to volunteer or donate to the Plant.Grow.Share. program, contact: Rick Doane, executive director of Interfaith Social Services, (617) 773-6203 Ext. 17; Joe Reardon, vice president for Community Development and Advance Planning at Keohane Funeral Home, 1-800-KEOHANE; or Pam Denholm, executive director of Weymouth Food Pantry, (781) 635-7783.

Ask John Paul: AAA Car Doctor

Cont'd From Page 15

with a new radio that has features such as Bluetooth, Android Auto or Apple CarPlay. By the way, my radio program moved to Northshore 104.9 FM about a year ago.

I was wondering if you would have any advice for me. I am looking to purchase a compact SUV, and I am trying to decide between the Hyundai Tucson or Lexus 250 UX-hybrid. The Lexus is a hybrid which I thought might be a good move considering the way gas pricing seems to be going and for the future as I am figuring this very well could be my last car. Any advice you could give me would be greatly appreciated. Thank you and have a wonderful day!

They are both good vehicles. The Hyundai is redesigned for this year and is nicer inside and out - but not quite a Lexus. The Lexus UX hybrid is a compact luxury SUV, something the Hyundai is not. The Hyundai is also a bit larger both inside and out - which depending on what you are looking for might be better or worse. The Lexus will likely hold its value longer but as far as reliability I would put them about the same. Certainly, fuel economy is important, but you need to factor in the additional cost of the Lexus (\$5,000) over the Hyundai. This \$5,000 premium would buy about 1,600 gallons of gas. If you drive about 10,000 per year you won't see any fuel saving for about four years. They are both good vehicles; you need to see which one fits your needs the best.

I have had four dead batteries in our 2019 Subaru Outback. Subaru blames me, the owner, for inadvertently leaving things on or the vehicle and not being driven enough. All empty excuses as far as I'm concerned. I am 82; my husband and I had numerous cars over 60 years and never had a dead battery in a newer car. What is wrong with my Subaru and Subaru in

general?

The fix for earlier Subaru vehicles was to reprogram the charging system profile. To save fuel, the alternator does not charge the battery continually like older cars did. Many people have also added a larger battery that has more electrical reserve power to offset the electrical drain on the vehicle. These cars have dozens of computers that use a little bit of electricity all the time even when the car is shut off. Add this to limited driving and the battery never gets fully recharged. Some people make the mistake of just starting the car and letting it run, this will not help, the car needs to be driven. Replacing four batteries in two years is certainly unusual and something you should continue to discuss with the dealer and Subaru of America.

I have a 2014 Honda CRV that frequently has a one to two second loud engine rattle when I start it from a cold start. I was told it is the VTC actuator. I am also told it is an expensive repair. Can it cause damage if I don't have it repaired?

The noise you describe is typical of a failing variable valve actuator. The repair will take about two hours to complete and the part depending on where it comes from costs from \$75-\$200. Over time I'm sure there could be some damage to the engine - but there are thousands of these Honda engines driving around and the failure rate is very low - from what I can tell. Although if it were my CR-V and I was going to keep it for a long time I would have it repaired.

I have a 2002 Toyota Tacoma 4-cylinder truck. Will it run with gas that has been in the tank for 9 years or do I need to add an additive (like Seafoam) to the gas tank? Are there other things I should be looking to get this truck going?

When a vehicle sits unused for this long there are several items that need to be checked. I wouldn't take a chance with nine-year old

gasoline, I would drain the tank, flush the fuel system, replace the fuel filter and if needed the fuel pump. Gasoline starts to sour after six months and turns into varnish after a year or two. Then you need to look at the engine oil, cooling system and most importantly the brake system. If this is a DIY project look at every system individually - repair one at a time. If you are relying on a repair shop, let them know how long the truck sat unused, give them an idea of your budget, and have the truck towed to the shop.

I sent my son to my local gas station for an annual Massachusetts vehicle inspection and while there he said there was a special for oil change. He called me and it sounded like a good idea, so I said okay. When they finished he said car did not pass inspection. I have never had a car that did not pass inspection, they also said that it would be another fee for reinspection. They also told me I should drive it for 30 miles at 55 mph and come back. Is this a rip-off and can I take it elsewhere for inspection at this point? Do I have any recourse car, the car is a 2018 Acura with only 13,000 miles on it?

If the car failed for an emissions system issue you have 60 days to get it retested. If you go back to the same inspection facility within the 60 days, the re-test is free. The hint may be that the shop told you to drive the car at highway speeds for 30 miles, this sounds like the emissions monitors have not set. I am curious that when the oil change was performed, the mechanic cleared the computer memory rather than just resetting the oil change monitor. By doing this the monitors would need to be set before the car would pass the emissions testing. You can also contact the Massachusetts program administrator www.mavehiclecheck.com. I have called and emailed them in the past and found them very helpful.

Quincy Point Congregational Church

In-person outdoor and online worship will take place on Sunday, May 23 at 444 Washington St. in the parking lot and online on the Quincy Point Congregational Church YouTube channel.

You can view the service online on YouTube on most smart devices or computers or cable providers (just use the voice command on your TV/Cable remote and say, "Quincy Point Congregational Church on YouTube"). The worship is also broadcast on Wednesdays at 6 p.m. on QATV channel 8 or QATV.org.

June outdoor worship

dates will be coming soon, and worship will be moved to the Abbey Road side of the church. These outdoor services are weather permitting so stay tuned to our Facebook and Twitter pages. You can also add yourself to the e-mail list to receive updates by visiting www.quincypointcong.org and filling out the form on right hand bottom of page.

Don't forget, if you registered for a beef, cheese and Spanish rice Meal-to-Go pick up is on Friday between 9 and 11 am. Free will donations go support the missions at Interfaith Social Services.

Church School for All airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel on Sunday's. This is the final week for the Bible Basics Curriculum (until fall) Joyce and Karen introduce Pentecost. Following this season there will be a summer version of Church School for All, on Sundays starting on May 30, featuring stories about Bible characters. Due to copyright guidelines from the publisher we will need to email you a link to the video. The instructions to make sure you are on the mailing list are above.

First Baptist Church Of Wollaston

The First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote Worship Service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Joyful Invitation" (Romans 15:30-

33); reader will be Trina Wolf.

The online dial-in/Zoom meeting weekly schedule is:

- Sunday 10:30 a.m. worship service
- Wednesday 6:30 p.m. Leadership Workshop
- Thursday 6:30 p.m.

Bible Class - Book of Revelation

• Friday 11 a.m. Prayer Group Meeting

For reservation to attend worship inside the church building, call 617-472-0824 and ask for Lewann Mina, the church administrator.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, May 20
5:00pm: Bethany Congregational Church
7:00pm: QHS vs. NQHS Softball 5/14

Friday, May 21
11:00am: LIVE: Quincy College Commencement
8:00pm: Quincy College Commencement 5/21

Saturday, May 22
12:00pm: CIQ Interview: Anthony Grasso
7:00pm: The Call

Sunday, May 23
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, May 24
11:30am: Currently in Quincy
7:00pm: CIQ: Manet Community Health Center

Tuesday, May 25
7-9am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, May 26
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, May 20
10:00am: Exercise With Karen
1:30pm: Falls Prevention and Stress Management

Friday, May 21
1:30pm: Wild Life in the City
7:00pm: Good Deeds: Norfolk Registry of Deeds
7:30pm: Legislative Update with Rep. Bruce Ayes

Saturday/ Sunday May 22/23
11:00am: Falls Prevention and Stress Management
12:00pm: City Council Fin Comm & Pub Hearings 5/17
4:30pm: Board of License Commissioners 5/18
7:00pm: City Council Fin Comm & PubHearings 5/17

Monday, May 24
9:00am: Nat'l Institute on Aging: Go4Life Workout
1:00pm: Glass Studio on Cape Cod: Vase

Tuesday, May 25
11:00am: Falls Prevention and Stress Management
1:30pm: Fur, Flins and Feathers
5:30pm: LIVE: Zoning Board of Appeals

Wednesday, May 26
9:00am: Tai Chi with Vince Journales
6:00pm: In the Know: Norfolk County Sheriff's Office

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

OBITUARIES

Stephen R. Fantasia, 65

A funeral Mass for Stephen R. Fantasia, age 65, of Abington, formerly of Quincy, was celebrated May 14 in St. John the Baptist Church, Quincy.

Mr. Fantasia died peacefully May 7 at Beth Israel Deaconess Medical Center, in the comfort of his loving family.

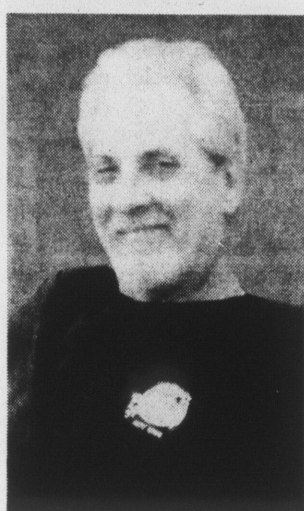
He was born and raised in Quincy. Mr. Fantasia was a graduate of Thayer Academy in Braintree and Bentley College. He had lived in Abington for thirty-one years, previously in Quincy. He also summered in Den-nisport his whole life.

Mr. Fantasia was employed in bank technology his entire career. He began working with the American Express Company and retired as vice president of technology for JPMorgan Chase after over thirty years of service. Mr. Fantasia later worked as an operations analyst for Citizens Bank.

He was blessed with a full and active life. He was a longtime Corvette enthusiast and owner, and loved his newest 2019 Corvette Sting Ray. He showed his Chow Chow dogs and was proud of his companion Chow Chow, Gianni Versace.

Mr. Fantasia enjoyed travelling, especially trips to Las Vegas where he loved the casinos, playing Blackjack and Texas hold 'em. Mr. Fantasia was delighted after winning a poker tournament at Foxwoods. He also appeared on the Judge Judy show and was satisfied to win his case, the "Grooming Gone Bad" episode.

Together for forty years, he was the beloved husband for thirty-five years of Emilie V. (DiTullio) Fantasia. Loving step-father of Jason



STEPHEN R. FANTASIA

A. Gross, Sergeant, Salem, Mass. Police Dept. and his wife Christine of Danvers. Cherished Papa of Gavin and Reagan.

Devoted son of the late Ralph E. and Gloria J. (Bucini) Fantasia. Brother of Jeffrey P. Fantasia of Quincy and Uncle and Godfather of Felicia Fantasia of Quincy. Dear cousin of Peter D'Olimpio of Leominster and Michael Fantasia of Weymouth.

Mr. Fantasia is survived by his aunt, Gail Buccini of Maine, and all the Buccini and Fantasia cousins. He is also survived by his best friends, Edward Tonello of Cumberland, R.I., Vaughn Barsamian of Holbrook, and John Dineen of Weymouth, as well as his goddaughter, Britney Tonello of Cumberland, R.I.

Entombment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to MSPCA-Angell, Attn: Donations, 350 S. Huntington Ave, Boston, MA 02130.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Lois S. Root, 86

Lois S. Root, RN, 86, of Carlisle, died peacefully on May 5 with family by her side.

She was born in Brockton on Aug. 26, 1934, the first of six children of Fred and Emily (Perkins) Stetson. Her childhood was filled with happy family adventures and the companionship of many cousins, including gatherings at her grandparents' cottage "For All of Us." She valued memories of helping her father and maternal grandparents in their large summer gardens as well as visiting on her uncle's farm. Her maternal relatives were quick to play a tune and Ms. Root joined this musical tradition by taking up the cello and singing in the church choir. In high school, a church leadership program lead her to Camp Becket, where she met Berkshire native Frank Root, whom she later married in 1956.

Inspired by her Aunt Inez, Ms. Root enrolled in the nursing program at Simmons College, which she loved. She sang in the Simmons Glee Club, which included concert tours to the Bahamas and the Azores, sparking a lifelong zeal for travel. Lois finished her five-year degree in 1957 and celebrated graduation by giving birth to her first child, Karen, and joining husband Frank on a two-year army tour in Heidelberg, Germany, where their second child, Frank, Jr. (Buddy), was born.

Returning to the U.S., the young family settled in Frank's hometown of Pittsfield, MA. Ms. Root put her nursing skills into action at Berkshire Medical Center, first as a floor nurse and later as a nursing instructor at BMC and at Berkshire Community College. Their third child, Allison, was born in 1967, to the delight of her siblings. At home, Ms. Root focused her educational prowess on teaching all of her children the wonders of baking, the joy of reading, and the fine art of being a good human being. Karen remembers singing civil rights songs with her mom, Budd recalls the secret thrill of watching late-night "Monster Madness" with her, and Allison is grateful for the love of history they shared on trips to Sturbridge Village, Plymouth Plantation, and Concord.



LOIS S. ROOT

lonial Williamsburg.

As her children grew more independent, Ms. Root became active advocating for women and children through the Berkshire County Chapter of NOW and the WIC program. In the late 1980s, Lois and Frank separated but he retained very fond memories of her until his death in 2017. Ms. Root moved to her beloved bungalow and garden in the Wollaston neighborhood of Quincy, worked at the medical unit of the main Boston Post Office, and savored the vibrancy of Boston along with the many cultural traditions in Quincy. Ms. Root continued to work on women's issues, was active in Wollaston Congregational Church, and took every chance to visit with her sister, brothers, and extended family.

She will be remembered for her enduring kindness, her political wit, her positive attitude, and her deep love of family. Lois is celebrated and deeply missed by her children, Karen and Ian Watkins of Acton, with daughter Gwen (MI); Bud and Leslie Root of Charlotte, NC, with son Shawn (FL) and daughter Sara (NC); and Allison and Brad Bowlin of O'Fallon, IL, with their kids Rachel and husband Luke (UK), Emily (MO), Rebecca (IL), and Jack (USAF, South Korea). Lois is survived by her brothers, Fred Thomas (Tom), Charlie, and Bob, along with many wonderful nieces and nephews. Her brother Jack and sister Ruth predeceased her.

A service of remembrance will be held in late July.

Memorial donations may be made to the Frances Perkins Center, Newcastle, Maine, or the Arnold Arboretum, Boston, MA.

Arrangements are under the care of Dee Funeral Home & Cremation Service of Concord.

Sean M. Murphy, 59

A funeral Mass for Sean M. Murphy, 59, of Quincy, was celebrated Wednesday in St. Agatha Church, Milton.

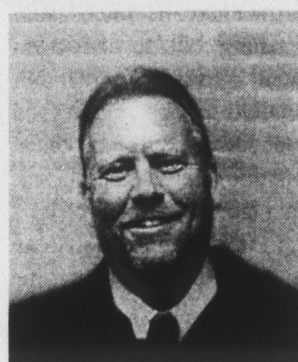
Mr. Murphy died unexpectedly on May 11.

Devoted and cherished father of Hannah Grace Murphy of Quincy. Son of the late John and Josephine (Masters) Murphy. Former husband of Christine (Swierk) DiBella of Quincy. Godfather of the late Nicolas Watson. He is also survived by many family and friends.

Mr. Murphy's entire world was his daughter Hannah. She was the foundation of all that was truly important to him.

A graduate of St. Agatha's School, Boston College High School and Suffolk University, Mr. Murphy had a long and successful sales management career in the telecom and energy industries.

He will be remembered for his quick wit, his great sense of humor, kindness



SEAN M. MURPHY

and thoughtfulness. He was an avid Boston sports fan, especially of the Red Sox. Mr. Murphy played baseball for Suffolk, and enjoyed the game of golf.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to Make A Wish Foundation, 1702 East Highland Ave., Suite 400, Phoenix, AZ 85016.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Richard Marnell, 80

A funeral Mass for Richard "Dick" Marnell, 80, a resident of Quincy for forty-eight years, was celebrated Monday in St. Agatha Church, Milton.

Mr. Marnell died peacefully on May 10 due to complications he sustained from a fall. He was surrounded by his loving family.

Mr. Marnell was born in Dorchester. Beloved son of the late Richard and Madeline (Quinn) Marnell. He was devoted family member. The holidays brought him, his siblings and their families all together; he never missed a family event. He was extremely proud of his three children and four grandchildren. Mr. Marnell was always present, quick to show up and join in the excitement of their accomplishments. He could often be heard telling stories and bragging about each one of them. He truly treasured the title of Dad and Gampa.

He was able to provide a beautiful life for his family, working for over 36 years for the New England Telephone Company. Mr. Marnell was a Coast Guard veteran, an active member of the Quincy Elks, the Cottage Club and a member of the Common Market family. He enjoyed years on Old Silver Beach in Falmouth and loved following the Patriots and Red Sox.

There was nothing he cherished more than being with his wife and best friend for 56 years. He and Janet grew up in Dorchester together and lived a lifetime of laughing and traveling together. There was no Dick without Janet. They were an excellent example of true love, dedication



RICHARD MARNELL

and devotion.

He is survived by his wife Janet (Rae) Marnell, his three children and their spouses. Richard and Lisa Marnell of West Lake Village, CA, Karen and James McPartlin of Braintree, and Denise and Christopher Gurshin of Exeter, NH. Adored Gampa of Evan and Elise Marnell, Jack McPartlin and Alexia Gurshin.

He is also survived by his sister and brother-in-law, Madelyn and Giro DeRosa of Marshfield, brother James Marnell and Gail Kenney of Falmouth and brother-in-law Paul McEachern and his late sister Elaine of Bedford and his late sister Janice Marnell of Weymouth.

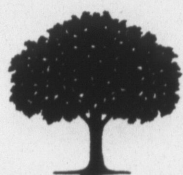
A loving brother-in-law to members of the Rae family and Uncle to many nieces and nephews.

A very special thank you to the compassionate staff at Beth Israel Trauma ICU and Seasons Hospice of Milton.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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Thomas G. Casey, 81

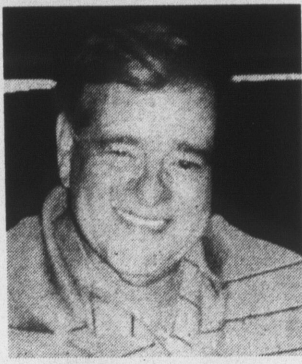
A funeral service for Thomas "Tom" George Casey, 81, of Quincy, loving husband, devoted father, and doting "grandpa," will be held Thursday at 10 a.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Casey died peacefully on May 14 at Marina Bay Nursing Home.

Left to honor and treasure his legacy are his wife Judith "Judy" of 60 years, and their three children: Marie McKinnon of Quincy, Carla White and husband John of Nashville, TN, and Thomas Casey and wife Colleen of Marshfield. He is also survived by his eight loving grandchildren: Johnny White and wife Tania White, Jessica White and husband Taylor Martin, Melissa McKinnon, Mallory McKinnon, Brianna Casey, and Ryan Casey as well as his great grand dogs (Zoe, Batman, Robin, Max, and Aizen). Although an only child, he acquired many true siblings in his life including his cousins Henry Son and Bobby Son (deceased), Joe Guido (recently deceased), Lillian and Joe DeDominici (deceased), Fran and Tom McKinnon, and Frank and Karen Guido. He is also loved and remembered by numerous nephews and nieces.

Mr. Casey was born Aug. 1, 1939 in Boston to George and Irene and grew up first at Old Colony in South Boston and later in Dorchester. He showed great academic aptitude as a child having attended Boston Latin and eventually finished his high school education in Miami, FL, and then Boston English. After high school, Mr. Casey embarked on many adventures throughout the United States living by his wits and a touch of luck. In 1959 he joined the Air Force which took him to Texas, Colorado and then to Falmouth. This love for adventure, however, was superseded by his love for his future wife and travel companion, Judy. On Oct. 15, 1961 they were married and embarked on life's great journey together.

The first leg of the journey was a 20-year career



THOMAS G. CASEY

in the U.S. Air Force. He served his country with distinction in Korea, Japan, the Philippines, and in Vietnam (1966-68) where he was awarded the Meritorious Service Medal. During his time in the Air Force, Mr. Casey and his family were stationed in Hyannis, Misowa (Japan), Elgin Air Force Base (Florida), Las Vegas, Phoenix, and Little Rock. He eventually retired in 1979 having achieved the rank of master sergeant. Upon his retirement, Mr. Casey relocated to Quincy to be closer to family. He worked for several years as a technical supervisor with Stephens' Arnold and later Computer Products out of South Boston and Walpole respectively.

A longtime fan of all the Boston sports teams, he shared a special affinity for baseball where he furthered this passion as a member of the South Shore Umpires Association (SSUA) in the eighties and nineties, during which time he was awarded the John Kelly Memorial award in 1984.

Throughout his life, Mr. Casey loved spending time with his family and friends which included summers at White Horse Beach in Plymouth and numerous trips to New Hampshire where he would demonstrate equal prowess engaging in a whist tournament or a game of cribbage.

A member of the Quincy Elks, Mr. Casey was always interested in a game of bridge and this love of cards carried through to his extended "card buddies" at the Kennedy Senior Center in Quincy. He looked forward to his regular Friday afternoon games right up until COVID made that impossible.

Food was always something Mr. Casey enjoyed, whether it was Mexican food and margaritas at LaPaloma in Quincy (where he was a regular patron for over 35 years) or breakfast at Kristin's in Braintree (owned by his nephew Rob and wife Kristin).

He and Judy have fond memories of long drives to visit their daughter Carla's family in Alabama where he would "help" his son-in-law John with whatever home project he was undertaking. Christmases were a special time shared with his son Tom and his family where he was particularly enthusiastic about his daughter-in-law Colleen's homemade pot roast and cherry pies. As his Quincy neighbor, his daughter Marie and her family were a constant in his life and served as a source of joy in ways that only the daily interactions of life can bring. All his grandchildren can attest that nothing brought a smile to his face, even in his final days, more than a hug from one of his grand kids. They will always cherish what it meant to get a "grandpa hug."

Mr. Casey's family would like to give special thanks to: The Kennedy Center, a support center for seniors located in Quincy, for providing a place for new friendship to develop; The Norwell VNA, home health care and nursing provider, for their exceptional care and guidance through a difficult time; The YMCA Partnership Program - enabling Tom to continue physical exercise despite physical limitations; and Dana Farber Institute in Weymouth for treating Tom like family through his many bouts with cancer.

Visiting hours were 4 to 8 p.m. Wednesday at the funeral home.

Interment at Massachusetts National Cemetery, Bourne.

Memorial donations may be made to South Shore YMCA Partnership Program, 79 Coddington St., Quincy, MA 02169 or to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168.

Richard F. Sullivan, 76

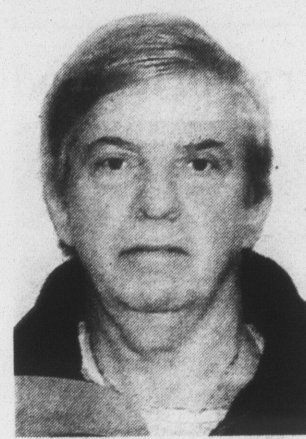
A funeral Mass for Richard F. Sullivan, age 76, a longtime resident of Quincy, was celebrated Monday in St. John the Baptist Church, Quincy.

Mr. Sullivan died peacefully May 10 at CareOne at Weymouth, surrounded by his loving family.

Born in South Boston, to the late Francis T. and Eleanor T. (Yenulevich) Sullivan, he was raised and educated there. Mr. Sullivan was a graduate of South Boston High School, Class of 1962, and later attended Bentley College. He had lived in Quincy for over fifty years.

Mr. Sullivan worked in research and development for the Gillette Company for forty-three years.

He enjoyed reading and traveling. Mr. Sullivan was



RICHARD F. SULLIVAN

dedicated to his family.

Beloved husband for fifty-two years of Edna A. (Castaldini) Sullivan. Devoted father of Michael G. Sullivan of Quincy. Loving brother of Dennis M. Sullivan and his wife Clair of Mashpee, Ronald G. Sullivan and his wife Donna of Pembroke, Maureen R. Hoey of Mashpee and her

late husband Bob, Marilyn Valencius and her husband Paul of Braintree, and Christine F. Starkey and her companion Dennis Murphy of Ogunquit, Maine. He is also survived by many nieces, nephews, and cousins.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

The family would like to acknowledge the staff of CareOne at Weymouth, especially Ryan Coleman, Director of Nursing, for the compassionate care provided to Mr. Sullivan.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mary Greene

life as a model of integrity and decency.

Mrs. Greene was known to her family, relatives and neighbors as an excellent cook. Friends and family alike looked forward to the cakes and baked goods she made for holidays, birthdays, cookouts, and many other occasions. Meals would not be complete without her artistic and accomplished table settings and lovely flower arrangements, when her garden was in season. No one left Mrs. Greene's house without a full stomach and a piece of her Irish wit.

She was also an avid reader with a refined aesthetic for fashion, and presentation of all things that mattered around her. Mrs. Greene will be greatly missed by all who knew her and most of all by her family.

A funeral Mass for Mary (Gorham) Greene of Quincy, originally Carna, Co. Galway, Ireland, was celebrated May 14 in St. Ann's Church, Quincy.

Mrs. Greene died May 9. She was born Aug. 3, 1934 and raised in Connemara, County Galway, Ireland. She left Ireland at age sixteen and arrived in America. She was embraced by her aunts and relatives as she established her own foothold and family here, extending the kindness she received to others.

It was no coincidence that Mary left us on Mother's Day, because she will always be remembered by her motherly ways. She carefully guided her children and grandchildren to persevere and better themselves, providing her own

Beloved wife of the late Michael J. Greene. Loving mother of Patrick Greene of the South End, Eileen Tishler and her husband Marc of Walpole, Anna Dickinson and her husband Joseph of Holyoke, Lisa Parker of Sammamish, WA, and John Gorham Greene of Quincy. Cherished sister of Bridget Gorham of Dublin, Ireland. Devoted "Mama" of Colman, Claudia, Oonagh, Brendan and Seamus.

A private interment will follow at a later date.

Memorial donations may be made to St. Anthony Shrine, 101 Arch Street, Boston, MA 02110 or online at stanthonyshrine.org/giving.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

More Obituaries online at
www.TheQuincySun.com

COVID-19 Funeral Assistance Help Line

(844)684-6333

Monday-Friday 9am-9pm

FEMA will provide financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020.

For all other funeral service needs, please call:



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OBITUARIES

Jerry Porter Dodds

Jerry Porter Dodds, of Chelsea, formerly of Boston, died May 13.

Born March 23, 1929, she was the daughter of Channing W. Porter and Gladys Gifford. Predeceased by her six siblings, her son in law David Gallant and her husband William W. Dodds. She is survived by her six children: Janet Gallant, Michael Mehrtrot, Antony Dodds, Cara Blackington, W. Zoe Stitt, MD and Belinda Marshall, Esq., sons-in-law, Edward Stitt and Philip Marshall, 12 grandchildren and two great grandchildren.

Ms. Dodds spent her childhood in Squantum and



JERRY PORTER DODDS

Sunderland, Mass., and Panama. Before moving to the Soldiers Home she spent most of her life living in Boston where she was an active and caring neighbor in the South End and Fenway communities. An Air

Force veteran, she resided at The Chelsea Soldiers Home until her passing.

A selfless mother and neighbor to all, sharing anything she had with those around her, Ms. Dodds was loved by so many and blessed us all with her true beauty, both inner and outer.

Memorial donations may be made to Chelsea Soldiers Home c/o Recreation Dept., 91 Crest Ave, Chelsea, MA 02150.

Arrangements are private, and entrusted to the care of Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Ellen M. Amrhein



ELLEN M. AMRHEIN

Ellen M. Amrhein of Hingham, Fort Lauderdale, and Quincy died peacefully at her home on May 7.

She is survived by her husband Larry Belcamino. Loving aunt to Brian Ferrara and his wife Allison along with their two children of Quincy, as well as Michael Ferrara and his fiancé Alana of Quincy. Born in Boston to Guy Amrhein (owner of Amrhein's in South Boston until its sale in the 1970s) and Barbara Amrhein, raised in Quincy with her younger sister, Nancy.

Ms. Amrhein graduated from North Quincy High School before obtaining her associates degree from Aquinas. She went on to have a four decade long career with the Massachusetts

husband loved traveling and having "sips" along the way.

Later in life, Ellen and her husband Larry spent Winters at their residence in Fort Lauderdale, FL which was her favorite place in the world.

Ms. Amrhein was one of a kind and had a spirit and legend that will live on through the countless lives she impacted over the years.

A private mass for family was held on May 12, and there will be a celebration of life held at a later date.

Memorial donations may be made to the Mass General Cancer Center.

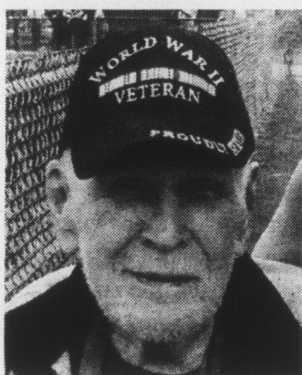
Funeral arrangements were made by Brown & Hickey Funeral Home, Belmont.

Paul D. Eldridge, 92

A funeral service for Paul D. Eldridge, age 92, of Rockland was held Wednesday at the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Mr. Eldridge died April 30.

Born in Quincy. He was a proud WWII and Korean War veteran, and served with the 1st Cavalry Division. He was post commander of George F. Bryan VFW, as well as Cyril P. Morrisette American Legion. Mr. Eldridge was a member of the Civil Air Patrol. He was commander of Quincy Veterans Council in 1984. Mr. Eldridge worked at the Boston American Legion department of Massachusetts after he retired from his role



PAUL D. ELDRIDGE

as marine electrician from General Dynamics.

The beloved husband of the late Irene C. Eldridge (Chaisson), he was also the dear father of the late John and Paul Eldridge Jr.; Loving stepfather of Ellen Kilduff of Wareham, John and Karen Kilduff

of Rockland; Grandad to John Kilduff III and partner Laura O'Connor, Sarah Kilduff and partner Caroline Quinlan, Caroline Kilduff of Rockland, Alexandria Eldridge of Oregon; Great Grandad of Matthew Kilduff; Brother to the late Beverly Lindsay of Florida; Paul is also survived by many nieces, nephews and cousins.

Military honors at Massachusetts National Cemetery in Bourne.

Memorial donations may be made to the Norwell Hospice at NVNA and Hospice, 120 Longwater Dr., Norwell, MA 02061, or online at nvna.org/nvna-and-hospice-charitable-fund/.

Margaret H. Gambino, 84

Margaret H. "Peg" (Wilson) Gambino, age 84, a longtime resident of Braintree, died peacefully May 9 in the comfort of her home, surrounded by her loving daughters.

She was born in Bellows Falls, Vt., to the late William G. and Mary A. (Maguire) Wilson. She was raised and educated in Quincy. She had lived in Braintree for the past fifty-five years.

Mrs. Gambino was a homemaker who was devoted to her family, especially her children and grandchildren.

Beloved wife for fifty-four years of the late Joseph

J. Gambino. Devoted mother of Patricia E. Flaherty of Weymouth and her former husband Kevin, Julie A. Gambino of Braintree, and the late Joseph M. Gambino and his late wife Jean.

Loving grandmother of Craig J. Gambino, Dennis M. Gambino, Kevin T. Gambino, Kerri A. Flaherty, Michael K. Flaherty, and Graham T. Flaherty, Needham Fire Dept.

The last of four siblings, she was predeceased by Arlene V. Adams, Joan Hurley, and Robert G. Wilson, Q.P.D., Ret.

Mrs. Gambino is survived by her special niece,

Sheila Yowell Nelson, as well as many loving nieces and nephews, and her dear friend, Lois Gilboy. She is also survived by her loyal dog, Wilson.

At the request of the family, funeral services were private.

Memorial donations may be made to VNA Hospice and Palliative Care, 100 Trade Center Dr., Suite G-500, Woburn, MA 01801.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

PLEASE RECYCLE THIS NEWSPAPER

NOTICE OF PUBLIC HEARING

Case ZBA 20-71

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 8, 2021 @ 5:30 P.M. to consider the application of **Jean Curran** for a Variance/Special permit Flood Plain to raze the existing structure and construct a new structure with less than required front yard setback and maintain existing garage in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 8.1 (flood plain overlay district) on the premises numbered **30 ELCOTT ROAD, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals
Time: Jun 8, 2021 05:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
<https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXRVDVA1eEtWTDhhdz09>
Meeting ID: 951 7081 7090
Passcode: Quincy
Dial by your location
+1 646 558 8656 US (New York)
Meeting ID: 951 7081 7090
Passcode: 548262
Find your local number: <https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXRVDVA1eEtWTDhhdz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

5/20/21, 5/27/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-31

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 8, 2021 @ 5:30 P.M. to consider the application of **Sophia Goumenos** for a Variance to rebuild a rear deck that was torn down in 2016 and erect a 6' fence in the front in violation of Title 17 as amended, Chapter 4.1.1 (conformance) and Chapter 4.2.8 (fences and hedges) on the premises numbered **73 SUMMIT AVENUE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Join Zoom Meeting
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Passcode: Quincy
Dial by your location
+1 646 558 8656 US (New York)
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Find your local number: <https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXRVDVA1eEtWTDhhdz09>

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Martin Aikens, Chairman

5/20/21, 5/27/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-35

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 8, 2021 @ 5:30 P.M. to consider the application of **Hardy & Man Design Group** for a Variance/Finding to construct a 1 1/2 story expansion to the left of the single family dwelling and to raze the existing garage in violation of Title 17 as amended, Chapter 4.1.1 (lot size) on the premises numbered **108 PONTIAC ROAD, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals
Time: Jun 8, 2021 05:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
<https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXRVDVA1eEtWTDhhdz09>
Meeting ID: 951 7081 7090
Passcode: Quincy
Dial by your location
+1 646 558 8656 US (New York)
Meeting ID: 951 7081 7090
Passcode: 548262
Find your local number: <https://zoom.us/j/95170817090?pwd=VE0wN2pHcldlWXRVDVA1eEtWTDhhdz09>

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Martin Aikens, Chairman

5/20/21, 5/27/21

MAY

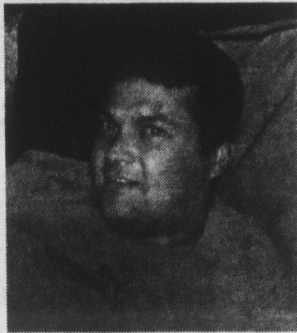
20

2021

Justin S. Doyle, 49

Justin S. Doyle, age 49, of Quincy passed away unexpectedly on April 27th.

Justin was a graduate of North Quincy High School. A member of Local 103 for many years, Justin loved to spend time with his family and friends down the Cape. Justin had a love for music and was an avid his-



JUSTIN S. DOYLE

OBITUARY

tory buff. His greatest joy was spending time with his sons Charles and Daniel. He had an infectious laugh and a larger than life personality. Justin was a friend to all and always had a great story to share.

Justin is survived by his

father, Edward Doyle III and his predeceased mother, Patricia Doyle; his brother Edward "Teddy" Doyle IV, his loving sons Charles and Daniel Doyle, niece and nephew Edward and Catherine Doyle and many loving

aunts and uncles.

A celebration of life will be held Sunday, June 6 from noon to 4 p.m. at the Squantum Yacht Club, 646 Quincy Shore Dr., Quincy, MA 02170. Friends and family are invited to attend.

For more information

and online condolences visit www.HamellLydon.com.

In lieu of flowers the family respectfully request a donation in honor of Justin to Community Counseling of Bristol County, Inc. 1 Washington St., Taunton MA 02780.

\$346.6 Million Budget Proposed For FY '22

Cont'd From Page 1

budget but cannot add to it.

The proposed increase in the municipal budget for the new fiscal year will lead to a slight or modest increase on next year's property taxes, the mayor said at Monday's City Council meeting. Those tax rates will be set in the fall.

"Just about every city and town goes up every year on their taxes. The main driver for revenue for cities and towns is the property tax," Koch said. "The costs of things don't go down, they do go up each year."

"I would say going into the fall, it would be a slight to a modest increase. We certainly won't be going anywhere near the levy limit."

The budget introduced Monday accounts for Koch's proposal, still pending before the council, to use a \$475 million bond to cover the city's outstanding pension obligations. Koch on Monday said that move would result in a savings

of \$15 to \$16 million in the first year, and \$8 or \$9 million in subsequent years.

"At the end of the day, this is a major savings for the city," he said. "I think this is a very responsible thing for us to look at. If we didn't do this, obviously July 1 we would be looking at a much bigger appropriation."

The largest increase in the proposed budget would go toward the Quincy Public Schools, Koch said. Koch has proposed increasing the school department's budget from \$111.19 million in the current fiscal year to \$114.29 million in fiscal year 2022. The School Committee, not the City Council, determines how those funds are allocated.

The second largest portion of the budget is set aside for health insurance. The city budgeted \$52.55 million for health insurance this fiscal year, and Koch has proposed spending \$54 million on health insurance

Cont'd On Page 33

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME
Docket No. NO21C0072CA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

In the Matter of:
Isabella Grace Sousa
A Petition to Change Name of Minor has been filed by
Isabella Grace Sousa of Quincy, MA
requesting that the court enter a Decree changing their name to:

Isabella Grace Ritchie
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10:00 a.m. on the return day of 06/09/2021.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 28, 2021
COLLEEN M. BRIERLEY
Register of Probate

5/20/21

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME
Docket No. NO21C0073CA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

In the Matter of:
Aubrey Lynn Sousa
A Petition to Change Name of Minor has been filed by
Aubrey Lynn Sousa of Quincy, MA
requesting that the court enter a Decree changing their name to:

Aubrey Lynn Ritchie
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10:00 a.m. on the return day of 06/09/2021.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 28, 2021
COLLEEN M. BRIERLEY
Register of Probate

5/20/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P1097EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Mary M. Johnson
Also known as:
Mary Johnson
Date of Death:
04/10/2021

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Robin M. Mitchell of Braintree, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/16/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 13, 2021
COLLEEN M. BRIERLEY
Register of Probate

5/20/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P1163EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Marilyn Coffey
Date of Death:
02/05/2021

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Alan E. Coffey of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Alan E. Coffey of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/16/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 14, 2021
COLLEEN M. BRIERLEY
Register of Probate

5/20/21

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, §5-304 & §5-405

Docket No. NO21P1120PM
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
In the matter of:
Emerald X. Esguerra
Of: Quincy, MA
RESPONDENT
(Person to be Protected/Minor)

To the named Respondent and all other interested persons, a petition has been filed by Danilo G. Esguerra of Quincy, MA in the above captioned matter alleging that Emerald X. Esguerra is in need of a Conservator or other protective order and requesting that (or some other suitable person) be appointed as Conservator to serve Without Surety on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 06/16/2021. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 10, 2021
COLLEEN M. BRIERLEY
Register of Probate

5/20/21

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, §5-304 & §5-405

Docket No. NO21P1107PM
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
In the matter of:
Mary L. Kimball
Of: Quincy, MA
RESPONDENT
(Person to be Protected/Minor)

To the named Respondent and all other interested persons, a petition has been filed by South Shore Hospital of Weymouth, MA in the above captioned matter alleging that Mary L. Kimball is in need of a Conservator or other protective order and requesting that Kerina Silva, Esq. of Taunton, MA (or some other suitable person) be appointed as Conservator to serve Without Surety on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 06/09/2021. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 6, 2021
COLLEEN M. BRIERLEY
Register of Probate

5/20/21

SUN FUN PAGES

King Crossword

ACROSS

1 Green shade
5 Police officer
8 Achy
12 Last writes?
13 Coach
14 Bard's river
15 Besides
17 Hatchling's home
18 Bagel choice
19 Aquarium favorites

45 Move fast
47 Wiped out
51 Teen fave
52 Oliver Twist's request
54 Margarita garish
55 Leading lady?
56 Buffalo's lake
57 "A Room of — Own"

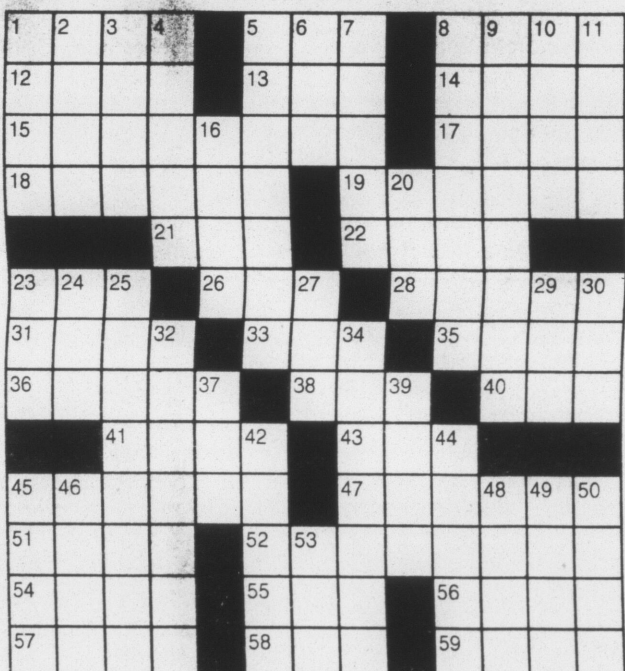
11 Tolkien creatures
16 Muscat's land
20 Overhead trains
23 Speed (up)
24 Devoured
25 Good-looking
27 CEO's deg.
29 "Top Hat" studio
30 Chow down
32 Swimming reptiles

DOWN

21 Weir
22 Mediocre
23 Fan's cry
26 '60s war zone
28 Entrap
31 Coup d' —
33 "The Voice" network
35 "My Way" composer
36 Event location
38 "Eureka!"
40 Speck
41 Zwei follower
43 Literary rep

1 May honorees
2 Bassoon's kin
3 Round Table titles
4 Lieu
5 Neanderthal
6 Raw mineral
7 Medicare section
8 "Evil Ways" band
9 Type of volleyball serve
10 Activist Parks

34 Smooth talker
37 Shoe width
39 Malaria symptom
42 Map within a map
44 London newspaper
45 Hawaiian city
46 Tennis score
48 Asta's feeder
49 Ireland
50 Monopoly card
53 Eggs



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MAGIC MAZE • THE EYES HAVE IT

B L I F C Z W T Q N K I F C Z
W U R P M J H E C Z X U T S Q
N L J G E C Z X V T R P W N P
L J H E Y C A Y W V T S I E E
R P N L K R I G E C B Q N Z E
Z X W E U S A R K P V U K A R
O B S U C O F E S P M I L G A
M L L Y T N E W T Y T N E W T
J I G I E P A D B A Y T L W S
X W U T N S D L O H E B G Q P
O N L K J K W A G H G F O D C

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: BRIEFLY SHUT THE EYES

Behold	Glance	Peer	Twenty-twenty
Focus	Glimpse	Squint	Twinkle
Gawk	Ogle	Stare	View
Gaze	Peek	Teary	

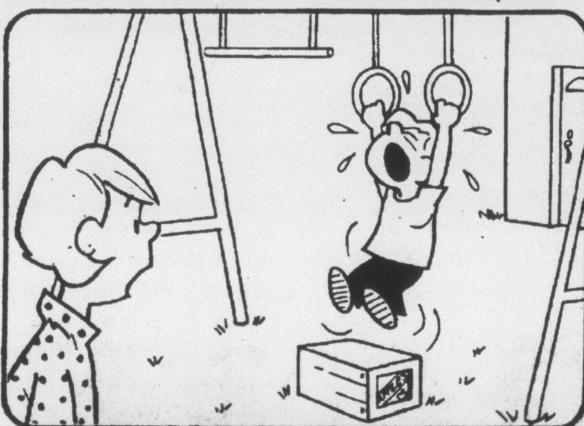
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Rings are lower 2. Shirt is different 3. Crates are different 4. Door is closed 5. Sleeve is shorter 6. Hair is different

Trivia test

by Fifi Rodriguez

- MOVIES: How long was the shortest Academy Awards ceremony?
- TELEVISION: Which U.S. state was the setting for the 1980s "Newhart" TV sitcom?
- MEDICAL: What is a common name for the condition known medically as ankylosis?
- GEOGRAPHY: Which European nation colonized Haiti?
- HISTORY: What was the Monroe Doctrine, a policy stated by President James Monroe in 1823?
- ADVERTISING: Horatio Magellan Crunch is the mascot for which cereal brand?
- FOOD & DRINK: What is bannock?
- BIBLE: What is the Pentateuch?
- SCIENCE: How do mosses reproduce?

- Answers
- The first Academy Awards ceremony in 1929 lasted 15 minutes.
 - Vermont
 - Stiff joint
 - France
 - The U.S. opposed further European colonization of the Americas, but wouldn't interfere with existing colonies or meddle in the affairs of European countries.
 - Cap'n Crunch
 - Flat, quick bread of Scottish origin
 - The first five books of the Bible: Genesis, Exodus, Leviticus, Numbers and Deuteronomy
 - Spores
 - 1933 in Camden, New Jersey

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Wishing Well®

7	2	5	6	3	2	3	7	5	3	7	3	4
J	B	E	S	J	E	O	O	M	Y	B	F	C
5	3	4	5	4	8	7	3	2	5	4	3	8
O	R	H	T	A	P	A	O	G	I	N	M	R
5	7	3	6	8	4	6	3	4	6	5	3	2
O	D	T	A	O	G	Y	E	E	Y	N	E	E
6	8	7	2	4	7	4	5	7	2	8	7	8
E	F	V	N	O	A	F	S	N	T	O	C	U
2	8	5	4	5	6	7	3	2	4	8	3	6
L	N	A	F	R	S	E	N	E	O	D	A	T
3	5	7	3	4	5	6	3	7	5	8	7	4
G	E	M	E	R	H	O	R	E	I	L	N	T
8	4	6	5	6	7	4	5	8	4	6	8	6
O	U	S	G	E	T	N	H	V	E	L	E	F

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Home conditions still demand attention. Also, keep an open mind about a sudden question of trust involving a close friend. All the facts are not yet in.

TAURUS (April 20 to May 20) With summer just around the corner, travel begins to dominate your sign. Make plans carefully to avoid potential problems in the first half of June.

GEMINI (May 21 to June 20) A romantic Libra sets a challenge that your "sensible" side might question, but your idealistic self finds the prospect too intriguing to resist. The choice is yours.

CANCER (June 21 to July 22) Those tense times in your personal life are just about over. Concentrate on reaffirming relationships. Your love of travel opens a surprising new opportunity.

LEO (July 23 to August 22) The Big Cat usually loves to be in the center of things. But this week it might be wiser to watch and learn from the sidelines. A Pisces wants to make you purr.

VIRGO (August 23 to September 22) "New" is your watchword this week. Be open to new ideas, both on the job and in your personal life. A romantic Aries or Sagittarian beckons.

LIBRA (September 23 to October 22) Some difficult family decisions have to be faced, but be sure to get more facts before you act. Be careful not to neglect your health during this trying time.

SCORPIO (October 23 to November 21) You still need to support a loved one through a difficult time. Meanwhile, things continue to work out to your benefit in the workplace.

SAGITTARIUS (November 22 to December 21) Aspects continue to favor expanding social opportunities. A Gemini reaches out to offer a chance for re-establishing a once-close relationship.

CAPRICORN (December 22 to January 19) There's a potential for misunderstanding in both your job and your personal life. A full explanation of your intentions helps smooth things over.

AQUARIUS (January 20 to February 18) You might be feeling restless on the job, but delay making any major moves until all the facts are in. A Scorpio has a surprising revelation.

PISCES (February 19 to March 20) Your business sense works to your advantage as you sort through the possibilities that are opening up. A Libra is Cupid's best bet for your romantic prospects.

BORN THIS WEEK: You have a gift for being open-minded about people. This helps you make friends easily. You would do very well in public service.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Y equals N

JVM NPBLZMR CPHZY'L FZL

RZMHZG UZMWPY RVPVPUZ. FJV

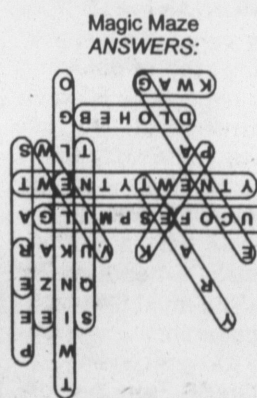
XJVEG RPF LCZ NVMRL BR FZL

LJ XJWZ.

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King Crossword — Answers

Solution time: 24 mins.



Magic Maze ANSWERS:

CryptoQuip answer

to come.
Our waiters haven't yet served German sausage. You could say the worst is yet to come.

MAY

20

2021

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Julian Fellowes, creator/writer/executive producer of "Downton Abbey" (series and film), has a Christmas present for us ... "Downton Abbey 2," which opens Dec. 22. In addition to the original cast returning, Fellowes has added Hugh Dancy ("Hannibal," "Late Night," "The Good Fight" and "Homeland"), with his real-life wife, Claire Danes ("Homeland"). Also, Laura Haddock ("Guardians of the Galaxy 1&2" and "Transformers: The Last Knight"), as well as Dominic West (Showtime's "The Affair," HBO's "The Wire," "Les Miserables" and the "Tomb Raider" remake, with Oscar-winner Alicia Vikander). West has already filmed his portrayal of Prince Charles in seasons 3&4 of "The Crown," which won't drop until 2022-23. The first "Downton" movie grossed \$230 million.

Kermit the Frog's father (and original voice) is getting the full biopic treatment from Disney. The Jim Henson Company has joined forces with Disney to tell the story of the creator of "The Muppets," "Fraggle Rock," many of the characters of "Sesame Street," as well as the films "The Labyrinth" and "The Dark Crystal," and of course, that superstar herself, Miss Piggy! Henson developed his Muppets while in high school, founded The Jim Henson Company in 1958 and developed many of the "Sesame Street" characters in 1969, which led to "The Muppet Show" in 1976.

The film will follow him as he tries to convince unimaginative network execu-

tives that adults, as well as children, would flock to see Muppets come to life. Henson left us in 1990 at 53 due to bacterial pneumonia, leaving behind a huge legacy and five children. After the success of the Mr. Rogers biopic, "A Beautiful Day in the Neighborhood," starring Tom Hanks as Fred Rogers, the door opened for this one. Now the search is on for a star to play Henson.

Here's one suggestion: How about Jeff Dunham? Dunham began doing ventriloquism in 1970 at age 8, made his TV debut in 1976 in a Datsun car ad while still in high school. By 1983, he was making \$70,000 a year with his "dummies" and opened for superstars Bob Hope and George Burns. He finally broke through with a 1990 appearance on "The Tonight Show" with Johnny Carson. In 2003, his first Comedy Central special scored well, but execs wouldn't pony up for another special. So in 2005, Dunham paid to tape his own special, "Arguing With Myself," then sold it to Comedy Central, pulling in 2 million viewers and selling 2 million DVDs.

Today, Dunham is the highest paid stand-up comedian and is so popular that he plays amphitheaters and stadiums, because theaters are too small. His net worth is estimated at \$140 million, but he'll have to work harder to catch Jerry Seinfeld, whose net worth is \$950 million. Still, \$140 million for playing with dolls is something to laugh at!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

★ Moderate ★★ Difficult
*** GO FIGURE!

	÷		+		17		
-		+		-			
	-		×		15		
×		×		×			
	+		+		14		
16		8		16			
1	2	3	4	5	6	8	9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Vintage Lunchbox --- Vintage collectibles, especially those related to sports, sell quickly at auction, perhaps because not all are expensive. Sometimes they are not noticed by the dedicated sports collectors and sell at bargain prices. Lunchbox collecting began in 1950, with the first example picturing the cowboy movie star Hopalong Cassidy. The metal boxes and matching thermos bottles remained popular until 1960, when soft plastic boxes were the style. (And it is a myth that metal boxes were replaced because students were hitting each other in the head and causing injuries.)

The most expensive metal lunchbox ever sold pictured "Toppie the Elephant," a Kroger grocery store figure that promoted plaid Top Value stamps. A 1957 Toppie lunchbox with thermos sold for \$2,784.

Q: On the TV show "Better Call Saul," the plot included a Hummel figurine that was so rare that it would sell for thousands of dollars. Your comments on Hummels say they are bought for very low prices today, most under \$50. Did the show make up the story? Or is there a type of Hummel that sells for over \$1,000?

A: The "Better Call Saul" show was talking about the rarest Hummels, a group called International Figures. The characters talked about the Bulgarian figure, but the real one depicted a Bavarian figure. In 1976, eight were in a sale by Robert Miller, the author of the first Hummel price book and an expert in all things Hummel. He realized they were different from any he owned, so he made for a dealer in Hungary before

World War II.

Later research claims that 24 or 26 different designs were made in the 1940s. The figures are marked with the M.I. Hummel signature used from 1935 to 1955 and mold numbers that run consecutively from 806 to 813 and others with numbers up to 968. Each figurine is depicted in its country's national dress. The thieves in the TV show wanted to steal an ordinary Hummel figurine and redecorate it to look like the famous one that has sold for thousands of dollars. The first sales were at \$20,000, but by 2013, the price for the International figure was as low as \$5,000.

CURRENT PRICES

Kitchen kettle, copper, straight sides, dovetailed joints, gooseneck spout, hinged shaped handle, stepped lid, 1800s, 9 inches, \$75.

Brass lamp, 3 graduated ball knobs on stem, round base, electric, Tommi Parzinger for Stiffel, 27 inches, pair, \$315.

Advertising playing cards, Schlitz Brewing, Milwaukee, globe logo on back, c. 1900, full deck, box with logo, \$520.

Wristwatch, Rolex, Oyster Perpetual, diamond bezel & hour markers, date window, 1974, 34 millimeter case, \$2,125.

TIP: Never put old photos or papers in a "clinging" album page.

For more collecting news and resources, visit www.Kovels.com.

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Strange BUT TRUE

* Are you one of those folks who paces while talking on the phone? Psychologists believe this may be a kind of coping mechanism to make up for lack of body language and nonverbal cues that normally accompany conversation.

* A chef traditionally wears white because the chef of the first prime minister of France (1815) believed it was the most hygienic of all colors.

* The shape of the Coca-Cola bottle is patterned after a cacao seed pod.

* In 1995, Chris "Fenderman" Black got hitched to his Fender Stratocaster guitar that he'd purchased 35 years earlier, after his real wife quipped that he spent so much time with it, he should marry it.

* Early Hoover vacuum cleaners were hard to sell because potential customers refused to believe they could have that much dirt in their carpets.

* Plane exhaust kills more people than plane crashes. Approximately 10,000

people die annually from toxic airplane pollutants.

* Argentine goalkeeper Sergio Goycochea would crouch down and covertly urinate on the field before every penalty shootout for good luck. He started the ritual during the 1990 World Cup quarterfinals and continued it for the rest of his career.

* "Hurkle-durkle" is an old Scottish word meaning to lie in bed after it's time to get up and get going.

* A New Jersey man bought a \$5 bottle of orange juice, which his wife deemed too expensive and sent him back to return. He bought two Powerball lottery tickets with the refund and ended up winning the jackpot worth \$315.3 million.

Thought for the Day: "I think that you have to believe in your destiny, that you will succeed; you will meet a lot of rejection and it is not always a straight path, there will be detours -- so enjoy the view." --Michael York

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Now here's a tip!

by Jo Ann Derson

* There are many fancy cleaners for sale for wood and laminate floors. Truth is, all you need is regular sweeping and a clean, damp mop. Never use harsh cleaners on wood, and do not use too much moisture.

* D.D. in Missouri keeps morning cereal crisp by using two bowls. Bite by bite dipped in milk is the perfect remedy for avoiding a soggy spoonful!

* Use white chalk to fill pin holes in the wall before painting. You can also use this tactic to hide holes if you are unable to paint the white walls of a rental. It simply fills the hole, making it "disappear."

* Save prescription medicine bottles and use them to sort beads or findings for beadwork or jewelry making. Bonus: Store the

bottles upside down in a plastic storage bin so you can see what's in the bottles without having to sort through all of them.

* Add chocolate syrup to your cake mix for a deliciously deep flavor when making a chocolate cake.

* Check your pillows: Press into the pillow at the spot where your head rests. If the pillow doesn't spring back when you remove your hands, it's time to replace it.

* Add these to the list of items to eliminate the odor of cooking cabbage: a heel of bread, a whole walnut or a pinch of baking soda.

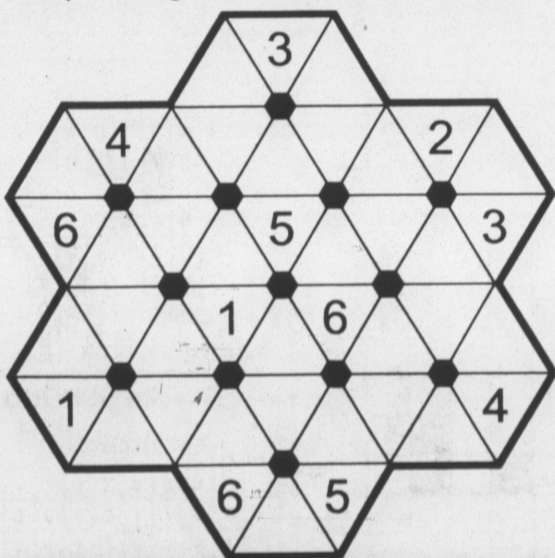
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS by Terry Stickels

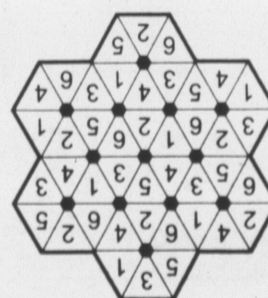
I recently returned from a trip. Today is Friday. I returned four days before the day after the day before tomorrow.

On what day did I return?

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SNOWFLAKES

solution



Go Figure!

answers

16	8	16
14	4	8
15	5	9
17	6	8

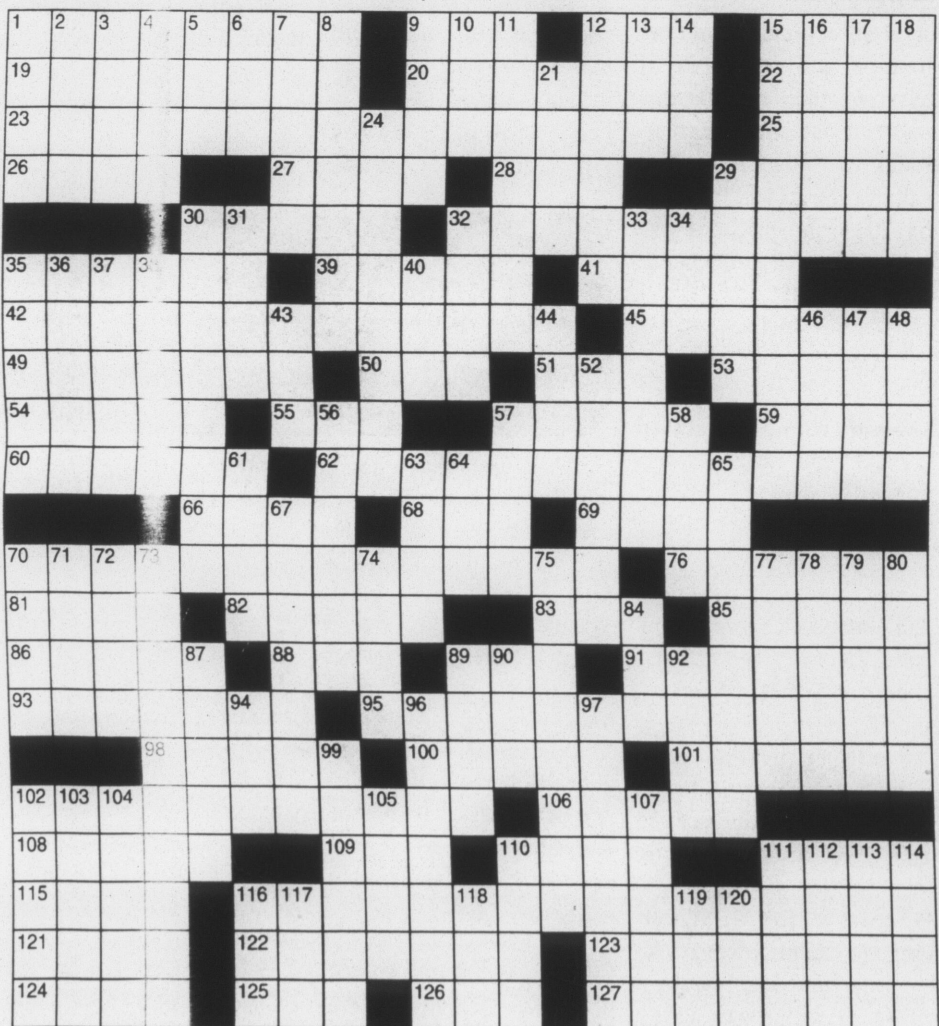
Stickelers Answer

The answer is Tuesday. The day after that is Saturday and 4 days before Saturday is Tuesday.

Super Crossword

BOTH SIDES

- ACROSS**
- 1 Having lasting import
 - 9 Enzyme name ending
 - 12 Directory no.
 - 15 Toasty
 - 19 In a busy way
 - 20 Wacky
 - 22 86-Across star Nastase
 - 23 * Earth's layers of rock strata
 - 25 Met VIP
 - 26 Reaping mo.
 - 27 Partner
 - 28 "Keystone" officer
 - 29 Revolting one
 - 30 Sit in on, as a class
 - 32 * Top-end
 - 35 Accompany
 - 39 — um (gnat)
 - 41 Delicious
 - 42 * Taking baby steps, perhaps
 - 45 Cause to take notice
 - 49 Touch-related
 - 50 Away from home
 - 51 — en-Provence
 - 53 Altercation
 - 54 Spanish for "these"
 - 55 Bank account amt.
 - 57 Tick off
 - 59 Indigo dye
 - 60 Japanese religion
 - 62 * Criterion applied
 - 66 Brainchild
 - 68 Boosting drink
 - 69 Prefix with dynamics
 - 70 * Football receiver's success
 - 76 Swab analysis site
 - 81 Everyone, to Germans
 - 82 Dust specks
 - 83 See
 - 124-Across
 - 85 Ballplayer Lefty
 - 86 Tennis site
 - 88 Org. for an air marshal
 - 89 August hrs.
 - 91 13th-century king of England
 - 93 Final stops
 - 95 * Classic coaster at Disney parks
 - 98 Muscat native
 - 100 Driving around in a Winnebago, e.g.
 - 101 Mounded loudly
 - 102 * Not on a leash
 - 106 Dying fire feature
 - 108 Go wide of
 - 109 Apple apps use it
 - 110 Norwegian port
 - 111 Kin of -trix
 - 115 Axel relative
 - 116 Repeatedly (or a hint to both halves of the answers to the starred clues)
 - 121 Ballet dip
 - 122 Hauled
 - 123 Rendered unnecessary
 - 124 With
 - 83-Across, gave spoonfuls to directly
 - 125 Plane domain
 - 126 Paper crew, for short
 - 127 Proximity
 - 37 Mojave plants
 - 38 Dramatist Joe
 - 40 Dallas coll.
 - 43 Kan.
 - neighbor
 - 44 Narrow way
 - 46 Big Sicilian volcano
 - 47 Ruckus
 - 48 Auction cry
 - 52 Wacky
 - 56 Gets used (to)
 - 57 Jai — way
 - 58 Unit of 36"
 - 61 Lakers great Lamar
 - 63 Beehive State athletes
 - 64 Exacta, e.g.
 - 65 Titleless one
 - 67 Being hammy
 - 70 War ender
 - 71 Salve plant
 - 72 Put-down
 - 73 Preached
 - 74 Grassy fields
 - 75 Most regularly
 - 77 "It's —!"
 - ("You're on!")
 - 78 Old ship-locating system
 - 79 World War II hero Murphy
 - 80 Sightless
 - 84 "In excelsis —"
 - 87 Demure
 - 89 Jazz great
 - Brubeck
 - 90 — fi flick
 - 92 "Valley of the Dolls" co-star
 - Patty
 - 94 Flatbread of India
 - 96 Foretell
 - 97 Film studio roarer
 - 99 "Excuse me, but ..."
 - 102 Actor Fienness
 - 103 Palate dangle
 - 104 Away from home
 - 105 "Walkabout" director
 - Nicolas
 - 107 Frozen, dome-shaped dessert
 - 110 Likelihood
 - 111 Actor Richard
 - 112 "Valley of the Dolls" co-star
 - Sharon
 - 113 Links
 - 114 Halts
 - 116 NFL coups
 - 117 Tick off
 - 118 Flanders of Springfield
 - 119 LaRue of "CSI: Miami"
 - 120 Plane domain



celebrity extra

by Dana Jackson

Q: Is Gwyneth Paltrow really done with acting? Or is she going to be like Demi Moore only to return a few years later after retiring? -- B.P.

A: Gwyneth Paltrow grew up in the movie industry. Her mother, Blythe Danner, is a successful movie actress ("Meet the Parents"), and her father, the late Bruce Paltrow, was a prominent producer ("St. Elsewhere"). Gwyneth has had an even bigger career than her parents, earning an Academy Award for "Shakespeare in Love" and then becoming a part of the Marvel Cinematic Universe as Pepper Potts in "Iron Man" and its sequels.

In 2008, she launched GOOP, her online wellness and lifestyle company. Over the years, as she raised her two children, her focus has shifted away from acting and toward the GOOP brand. She almost abandoned her acting career after winning her Oscar at age 26. She told "Good Morning America" years later that she "didn't love acting that much" and felt that she had reached her peak and didn't know where to set her next goal.

Her most recent, post-Marvel credit was the limited series "The Politician," a comedy-drama on Netflix. Her husband, Brad Falchuk, is one of the creators of the "American Horror Story" franchise, so perhaps she'll pop up on that series someday, but she seems pretty content building her lifestyle empire and being a self-described homebody.



Gwyneth Paltrow

Photo Credit: Adam Rose/Netflix

Q: We have been watching the "NCIS" series and its spinoffs set in different cities. Which location is going to be next? My interest dropped in watching the original "NCIS" when Abby, the lab tech, was pulled from the series. She definitely was an added attraction to that program, and the two blondes didn't help a bit. -- N.M.

A: Pauley Perrette's Abby, with her pigtails and bangs, was a fan favorite of the original "NCIS" series on CBS. Star Mark Harmon has been with the hit show since it began in 2003. It's spawned two franchises, "NCIS: Los Angeles" and "NCIS: New Orleans," which is ending after seven seasons.

However, like "Law & Order" and "CSI," "NCIS" continues to spawn new franchises. Next up is "NCIS: Hawaii." It's the first "NCIS" show to star a female lead. Former entertainment correspondent turned actress Vanessa Lachey has won that role.

"NCIS: Hawaii" is expected to be part of CBS's fall lineup.

Q: I love "When Calls the Heart" on the Hallmark Channel. When will the new season begin? -- S.S.

A: "When Calls the Heart" debuted on Hallmark in 2014 and has steadily become a big hit for the network. Some people might only know it as the show that Lori Loughlin was on before she went to federal prison for the college admissions scandal, but it has a big following besides the tabloids. Former "General Hospital" star Jack Wagner and Erin Krakow are among the show's stars. Look for the ninth season to debut sometime in 2022.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|---------------|-------------------------|---------------|
| 1. Gawked | — T — — — | Divided equally | — H — — — |
| 2. Violin's smaller kin | — — — — O — — | Mobile phones | — — — — S — |
| 3. Husband-to-be | — I — — — — | Italy's neighbor | — — — — R — — |
| 4. Consent to | — — — — T — — | Metal mixture | — — — — Y — — |
| 5. Garfield's color | O — — — — | Farmhouse | G — — — — |
| 6. Mason's block | — — — — C — — | Precipice | — — — — N — — |
| 7. Writing style | — — — — S — — | Predisposed to | — — — — N — — |
| 8. Wayward | — — — — — T — | Short trip to the store | — — — — — D — |
| 9. Graph | — — — — R — — | Mantra | — — — — N — — |
| 10. Singer Manilow | — A — — — — | Ken or Halle | — — — — E — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

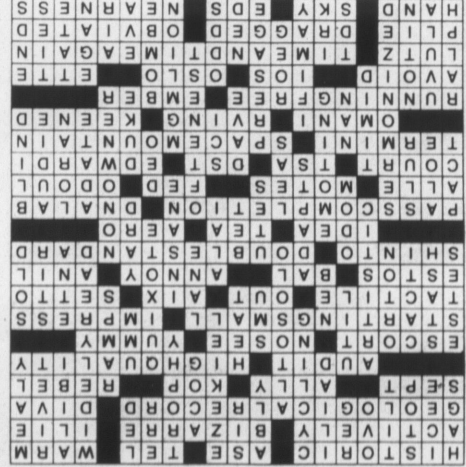
♦♦♦ Moderate ♦♦♦ Challenging

♦♦♦ HOO BOY!

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Super Crossword

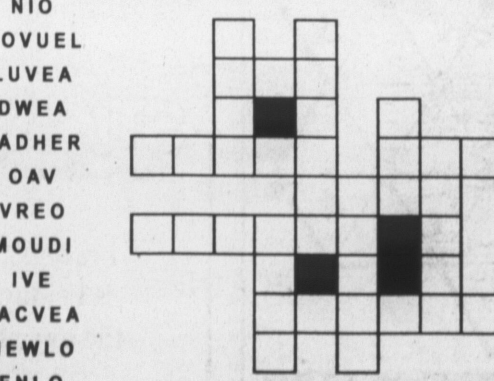
Answers



Even Exchange answers

1. Stared, Stared
2. Cello, Cello
3. France, France
4. Allow, Alloy
5. Orange, Grange
6. Bk, Bk
7. Prose, Prose
8. Errant, Errant
9. Chart, Chart
10. Barry, Barry

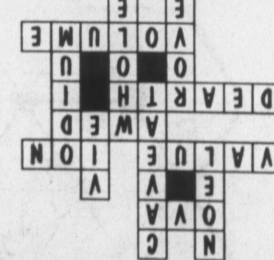
FEAR KNIGHT



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNIGHT

answer



Weekly SUDOKU

Answer



MAY

20

2021

Amber Waves



Out on a Limb



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Measurement
CHIN
 Delight
TATER
 Disfigure
FECAD
 Magma
STABAL

TODAY'S WORD

"It was a very educational evening, Stanley. I certainly learned a lot about _____!"

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	1	6	2	5	3
1	3	4	6	3	4
1	5	4	2	2	2
1	2	4	3	4	5
6	4	2	5	3	1
6	6	6	4	3	1

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Donate Locally to Shelters, Rescues

DEAR PAW'S CORNER:

I read your recent article on animal shelters. It was spot on with advice for donors. Many rescues do not advertise locally, but online through Petfinder.com and AdoptAPet.com. Local advertising and signs usually result in animals being deposited on a rescue's property without invitation or contact.

If people want to help, please research your local area and find a rescue. Contact them and see what they need. Most rescues need specific foods, medicines, etc., and always need monetary contributions. These are the best ways to help out, through contact and conversations with the people involved. Local animal control and shelters can use help too. One of the most important things to remember is that almost all rescues are non-profit, charitable entities. All

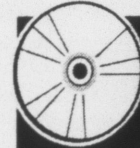
donations, money or otherwise, go completely to helping out the animals. There are no "salaries" for the persons running the organization as there are with so many other "charities." Just research online the salaries paid out with contributions from the public for many common charities that many donate to each year.

Do I speak from experience? Yes. My wife and I have been doing dog rescue for 16 years, ever since she returned home from helping in New Orleans after Hurricane Katrina left so many animals needing rescue and help getting back with their families. We have helped close to 1,600 rescues find forever, loving homes. -- R.M., SusieQ DogResQ, Inc.

DEAR R.M.: Thank you for this insider info. It confirms that acting locally to help animals, either through donating supplies or money or your time, can have the greatest impact.

Send your questions, comments or tips to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of May 17, 2021

Video on Demand

1. Nomadland (R) Frances McDormand
2. Promising Young Woman (R) Carey Mulligan
3. News of the World (PG-13) Tom Hanks
4. The Virtuoso (R) Anson Mount
5. Wonder Woman 1984 (PG-13) Gal Gadot
6. SpongeBob Movie: Sponge on the Run (PG) animated
7. The Croods: A New Age (PG) animated
8. Tom & Jerry (PG) Chloe Grace Moretz
9. Trigger Point (NR) Barry Pepper
10. Percy Vs Goliath (PG-13) Christopher Walken

DVD, Blu-ray Sales

1. Wonder Woman 1984 (PG-13) Warner Bros.
2. Vanquish (R) Lionsgate
3. News of the World (PG-13) Universal
4. Friday 3-Movie Collection (R) Warner Bros.
5. Soul (PG) Pixar
6. Rush Hour Trilogy (PG-13) Warner Bros.
7. Blade Trilogy (R) Warner Bros.
8. Dirty Dancing (PG-13) Lionsgate
9. Neighbors 2-Movie Collection (R) Universal
10. Monster Hunter (PG-13) Sony

Source: Comscore/Media Play News

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Hitori

answer

1	3	4	9	9	9
1	3	5	2	6	9
4	5	4	3	2	1
2	2	2	2	1	5
4	4	6	3	4	1
3	5	2	6	1	4

THRIFT

Today's Word

3. Deface; 4. Basalt
1. Inch 2. Treat

SCRAMBLERS

MORE SUN FUN

COUCH THEATER DVD PREVIEWS

BY AMY ANDERSON

The catalog of films available to watch on any given platform is immense. Some days I feel like I spend more time with the TV guide and movie menu than I do actually watching a movie. When you just aren't sure what to watch, you can draw inspiration to guide you to a new discovery. For example, May is Asian American and Pacific Islander Heritage Month, and there is a wonderful selection of films starring or directed by entertainers from this background. Here are a few to get you started:

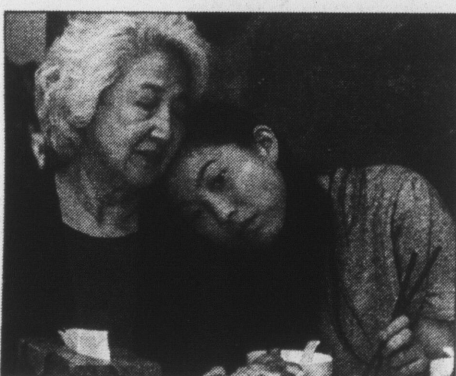
Crazy Rich Asians — A regular gal, Rachel Chu (Constance Wu), joins her seemingly normal longtime boyfriend on a trip to his best friend's wedding — and back home to meet his family. Henry Goulting plays Nick Young, the boyfriend in question — considerate, elegant, with a six-pack that won't stop. What Rachel doesn't know is that Nick's family is, well, crazy rich, and the couple is greeted with nonstop elaborate displays of ostentatiousness as soon as they hit Singapore. Michelle Yeoh plays Nick's disapproving mother, and comedy relief comes from Rachel's college friend Peik Lin, played by a hilarious Awkwafina, along with Ken Jeong, as Peik Lin's dad. An absolute must-see!

The Farewell (PG) — Awkwafina heads this touching family drama as Billi, a young Chinese woman whose adored grandmother is discovered to have cancer. The family decides not to tell her, and instead gathers the relatives together for an improvised wedding celebration as cover. Billi struggles with both the family's decision and to fit in with the old ways of doing

things, all the while savoring sweet moments with family.

Always Be My Maybe — Ali Wong and Randall Park play two childhood friends — one now a highly successful chef, the other lives with his dad and performs locally in a band. After a brief fling, they part ways, but are reconnected when Ali comes home to San Francisco. It's a sweet story of ambition, finding oneself and reconnecting with what's truly important in life.

Better Luck Tomorrow — A groundbreaking film from director Justin Lin, who later went on to acclaim directing several "Fast and Furious" films, "Better Luck Tomorrow" follows a group of high-achievement Asian-American students whose



Awkwafina in "The Farewell"

relentless pursuit of academic achievement and the excruciating expectations placed on them lead to an increasing level of involvement in petty crime, drugs, larceny and eventually felony. Stars Parry Shen, Jason Tobin, Sung Kang, Roger Fan and John Cho.

The Tiger Hunter — This comedy by director Lena Khan stars Danny Pudi, better known as Abed on the television show "Community." He plays Sami, an educated immigrant from India who comes to the United States with dreams of success in engineering — success great enough to impress the woman of his dreams, who he left behind in India; and to follow the legacy of his father, "the world's most glorious tiger hunter."

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Contract Bridge

THE VALIANT DIE BUT ONCE

South dealer.

Both sides vulnerable.

NORTH

♠ A Q 6
♥ 7 2
♦ K J 5 4 3
♣ Q 8 4

WEST

♠ 10 9 8
♥ K J 8 5 4 3
♦ 8 7
♣ 6 5

EAST

♠ J 7 4 3 2
♥ A 6
♦ 10 9 6 2
♣ 10 9

SOUTH

♠ K 5
♥ Q 10 9
♦ A Q
♣ A K J 7 3 2

The bidding:

South West North East
1 ♦ Pass 1 ♦ Pass

3 NT

Opening lead — five of hearts.

This deal occurred in a team-of-four match, but what happened at the two tables could just as easily have taken place in a rubber-bridge game.

At one table, the bidding went as shown. East won the heart lead with the ace and returned a heart, and the defense quickly ran off six heart tricks — down two despite North-South's combined 31 high-card points.

by Steve Becker

Puzzles4Kids

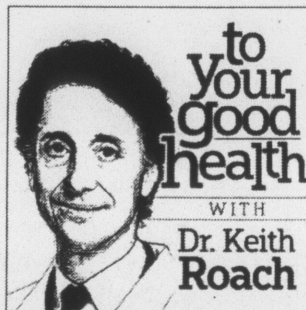
by Helene Hovanec

RIDDLE SEARCH — HELLO!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **How do oceans say hello?**

ALOHA	G	R	E	E	T	I	N	G	S	T
CHEERS	S	O	W	H	A	T	S	N	E	W
GOOD DAY	W	U	O	Y	E	R	A	W	O	H
GREETINGS	H	O	W	D	O	Y	O	U	D	O
HELLO	A	C	H	E	D	L	Y	W	A	W
HEY THERE	T	A	H	O	L	A	Y	I	H	S
HEY YOU	S	E	R	E	H	T	Y	E	H	L
HI YA	U	V	H	H	E	Y	Y	O	U	I
HOW ARE YOU?	P	G	N	I	N	R	O	M	E	F
HOW DO YOU DO?	H	O	W	G	O	E	S	I	T	E
HOW DOES IT?										
HOW'S LIFE?										
MORNING										
SO WHAT'S NEW?										
WHAT'S UP?										

Riddle answer: _____



Removal Is Best Option For Tumor Inside Kidney

DEAR DR. ROACH: I am 62 years of age and in excellent health. I run or hike 3 miles or more on most days, and road bike, swim and weight train. I eat sensibly, and I don't drink, smoke or take drugs. I don't drink coffee or even take aspirin for pain. My last physical exam showed no problems, and my blood and urine tests were fine.

Recently, I was diagnosed with a small tumor inside my right kidney. It's about a 2.5 cm solid mass with no rough edges at this time. The MRI showed "a 2.4 cm mildly enhancing solid mass concerning for a renal neoplasm." It also showed that the left kidney has a single 1.2 cm cortical cyst over its upper pole aspect. Please explain what this means.

The options for treatment are to completely remove the kidney and see if it is cancerous or just monitor the tumor and see if it continues to grow and remove later. The doctor said the whole kidney has to be removed, because of the central location of the tumor. The doctor also said a biopsy is not a good idea where the mass is located for fear of releasing cancerous cells within the kidney that could move quickly throughout the body. Removal is a drastic measure, no doubt, to test for kidney cancer. Should I just monitor and wait to see what the tumor does or operate and have the kidney removed. What medical action do you suggest that I do? —B.J.R.

ANSWER: I am sorry to hear about your kidney tumor. A solitary kidney mass in a man in his 60s is always suspicious for kidney cancer. A 2.4 cm tumor is

large enough to provoke serious concern: In a recent study, in people who had their tumors removed, 83 percent of tumors that size were kidney cancer.

Because of the location, a partial removal of just the mass is impossible, so the choice between watching and waiting versus taking the whole tumor out should take into consideration the very high likelihood that this is cancer. Kidney cancer can spread to other organs. If you were my patient, I likely would advise surgery. If you were not a good risk for surgery (say, in your 80s with multiple medical problems), then I might consider watchful waiting. In your case, I think going for surgery is the wiser course. Being so healthy will make your treatment much less risky.

DEAR DR. ROACH: Does BPH increase the possibility of prostate cancer? —A.L.

ANSWER: Benign prostatic hypertrophy is a common condition in men. About half of men in their 50s have an enlarged prostate, and the proportion gets even higher as men age. The major symptoms of enlarged prostate are difficulty with urine flow, a sensation of decreased emptying, difficulty initiating urination, and increased frequency of urinating, including at night. As symptoms worsen, incontinence can occur and even kidney damage may result due to the high pressure in the bladder.

The first word in "BPH" is "benign": It is not a cancerous condition. It does not protect against developing cancer, but there does not appear to be an increased risk for cancer among men with symptoms of BPH, according to the most recent studies.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids Answer

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Graduation Loose Meat Sandwiches

Whether your graduate is receiving a diploma from high school or college, you'll probably want to share the special occasion with family and friends. Here's a recipe guaranteed to head the "honor roll" of party celebration foods.

- 2 pounds extra-lean ground sirloin beef or turkey breast
- 1½ cups finely chopped onion
- 2 cups diet cola
- 2 teaspoons parsley flakes
- 1/8 teaspoon black pepper
- 12 small hamburger buns

1. In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Add diet cola, parsley flakes and black pepper. Mix well to combine. Lower heat and simmer for 20 minutes or until most of the moisture evaporates, stirring occasionally.

2. For each sandwich, spoon about 1/3 cup meat mixture between a hamburger bun. Serves 12.

• Each serving equals: 199 calories, 7g fat, 18g protein, 16g carb., 232mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch.

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1. Bonnie Tyler released "It's A Heartache" in 1977. Name the other two female artists who released cover versions the following year.
2. Which Scottish band released "Love Hurts"?
3. Who wrote and released "Clap for the Wolfman"?
4. Which artist released "Material Girl"?
5. Name the song that contains this lyric: "It was so easy livin' day by day, Out of touch with the rhythm and blues, But now I need a little give and take."

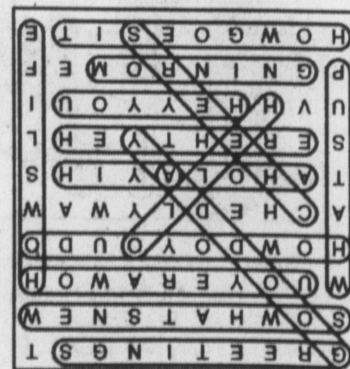
Answers

1. Juice Newton and Ronnie Spector.
2. Nazareth, in 1975. It was first released in 1960 by the Everly Brothers as an album track, never a single. The song has been covered by many, including Roy Orbison, Jennifer Warnes and Jim Capaldi from Traffic.
3. The Guess Who, in 1974. The song was about Wolfman Jack, the famous DJ. He's heard speaking on the recording.
4. Madonna, in 1984.
5. "New York State of Mind," by Billy Joel in 1976. The song was never released as a single but became a favorite anyway, one that Joel played at benefit concerts all around New York after 9/11. He wrote the song after moving to the East Coast from Los Angeles.

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They wave.

Riddle Answer:



M
A
Y

2
0

2
0
2
1

Koch Proposes \$346.6 Million Budget For FY '22

Cont'd From Page 27

in the new fiscal year.

The Quincy Fire and Police Departments would both see their budgets increase as well. The Fire Department's budget would increase from \$26.86 million to \$27.3 million and the Police Department budget from \$31.45 million to \$32.29 million.

In his remarks Monday, Koch noted the city is in the process of negotiating new contracts with each of the unions that represents municipal workers. To accommodate that, the proposed budget includes \$5.7 million to be appropriated at a future date for salary increases.

"Every contract is up, and we are in discussions with various unions on increases, so we are putting together a reserve on the side so we can deal with that going forward," he said.

In addition, the mayor has proposed setting aside \$5.75 million to be appropriated into the city's stabilization

account, also known as the rainy day fund. No money was set aside for the stabilization fund in the current budget and the council in December approved Koch's request to withdraw \$4.2 million from the account to make up for revenue shortfalls amid the pandemic.

The proposed budget would also set aside \$250,000 for the OPEB, or other post-employment benefit, trust fund. Like the stabilization account, no money was set aside for the OPEB fund in the current budget and the council in December approved withdrawing \$2.1 million from the account at Koch's request.

The proposed budget includes a \$400,000 line item within the Department of Municipal Finance's budget for capital acquisitions, such as police cruisers and other vehicles. That line item went unfunded in the current fiscal year amid the pandemic and was funded at \$300,000

in fiscal year 2020.

Koch has also proposed setting aside \$200,000 for the celebrations budget next year, up from \$150,000 in the current fiscal year and equal to the \$200,000 set aside in fiscal year 2020.

The proposed budget also includes funds to operate the Furnace Brook Golf Club, which the city will take over per a 1971 agreement between the club and the city. Koch said revenue from the course should offset the cost of running it.

As part of his proposed budget, Koch included a new diversity/inclusion officer within the budget for

the mayor's office without funding the position.

Councillors in January had approved an ordinance establishing a new Department of Social Justice and Equity, whose sole employee would be a director tasked to, "create equity and inclusion among all populations in Quincy."

Ward 4 Councillor Brian Palmucci on Monday said that department should have been included in the budget for next year, even if the mayor did not fund it.

"I think it is certainly within your authority to zero-fund the department if you wanted to...but I be-

lieve as though you cannot just ignore the fact that the council created a department," Palmucci said. "It was lawfully established under the charter and I sit here in disbelief, I really do, that it wasn't included."

Koch said he included the position within the mayor's office as a show of appreciation for the council's vote.

"I felt by putting the position in, it showed at least symbolically that I appreciate that opinion," the mayor said. "I did give it a lot of thought over time. I think we have a pretty amazing city in so many ways and

this may not be really the time to discuss some of those things. You go down through every department in our city, it is extremely responsive to a very diverse community that we have."

Koch on March 23 announced he would be establishing a mayoral commission on diversity, equity and inclusion. At Monday's meeting, Koch said he is "just about to finalize the commission."

One of the commission's tasks will be to determine whether the proposed department or position is necessary, the mayor added.

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

POLICE DEPARTMENT

WEAPONS & ACCESSORIES

JUNE 3, 2021 at 11:30 a.m.

Detailed specifications are online at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with the time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the Office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late bids/proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R. Bidder must abide by the prevailing wages as established by the Massachusetts Department of Labor and Industries.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through fax: 617-376-1074 and email: klogan@quincyma.gov and cc: to purchasing@quincyma.gov. Questions will be accepted until May 26, 2019 at 12:00 p.m.

If you have received this bid from either the City of Quincy Website or through an email it is your responsibility to check for addenda (at www.quincyma.gov) before you turn in your proposal. The City of Quincy will not be responsible for any bids received omitting addenda acknowledgement.

Thomas P. Koch, Mayor
Kathryn R. Logan, Purchasing Agent

5/20/21

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

Thomas P. Koch, Mayor

Kathryn R. Logan, Purchasing Agent

Alfred J. Grazioso, Commissioner of Public Works

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **Town Brook Structural Repairs** until **11:00 a.m.** local time **Thursday June 3, 2021**, in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The Work under this Contract includes but is not limited to structural repairs to the top slab of the closed culvert portion of Town Brook crossing from Bigelow Street to Washington Drive and all materials, equipment, services and construction inherent to the Work.

All Work under this Contract shall be substantially complete by October 1, 2021 and completed by October 15, 2021.

A pre-Bid conference will not be held.

Detailed specifications will be available Wednesday May 19, 2021 at no cost on-line at the City of Quincy's Website, https://www.quincyma.gov/govt/depts/purchasing/current_bids.htm. Bidders shall send a confirming email to "purchasing@quincyma.gov" to allow Owner to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from Owner's website, it is Bidder's responsibility to check the website for any addenda before submitting a Bid. The Owner will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents are also available at the Office of Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30AM and 4:30PM for a refundable printing charge of \$100.00 if returned 10 days within Bid opening and in unused condition.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch
Mayor

Kathryn R. Logan
Purchasing Agent

Alfred J. Grazioso
Commissioner of Public Works

5/20/21

5 Fundamentals To Financial Recovery

Cont'd From Page 13

"It's important for people to understand what's available to them," he says. "Some don't think they qualify when in fact they do, or they feel they're being a burden, or they didn't think the pandemic would last this long."

• **Refine your budget.** "Sitting in their house much of the year forced people to take a hard, honest look at their finances and ask the question, 'What is it that I do that costs me so much money?'" Leak says. A comprehensive analysis starts with doing a deep dive on all expenses and monthly bills, he says, and weeding out poor spending habits and things they can do without. That breakdown of costs enables one to hammer out a sensible budget that creates more room for savings, paying down debt, and investing.

• **Prioritize savings.** Leak says the pandemic exposed how many people lacked a sufficient amount of savings for an emergency. "Having an emergency fund is essential," he says. "You need a minimum of three months' worth of expenses saved up, but ideally enough money to get you through a full year. If you're back to work, each month take a portion of the money you've trimmed out of your monthly expenses and build your emergency fund."

• **Know your 401(k) options.** If you are furloughed or laid off but leaving your

401(k) with the company, you may be able to take a loan or a withdrawal from it due to the pandemic. "This or cashing out your 401(k) should be a last option because it can jeopardize your retirement nest egg," Leak says. "After the 2008 financial crisis, people who stayed in the market experienced financial recovery from their losses." Another option is rolling over a 401(k) into an IRA account. "This offers many other choices to grow your money," Leak says, "since an IRA can be a mutual fund, annuity, CD, or almost any other type of financial instrument."

• **Refinance your home.** Home value is akin to having another emergency fund, Leak says. "Your home equity is sitting there doing nothing for you unless you tap into it," he says. "Whether it be a home equity line of credit or doing a refinance and taking cash out while the interest rates are low, either could be a good option."

"Embracing a new level of priorities and discipline will serve people well in making better money decisions," Leak says.

Aaron Leak (www.eclpwm.com) has 16 years of experience in the financial industry and is the founder of ECL Private Wealth Management. He holds Series 7, 6, 63 and 66 licenses as well as life, health, and property and casualty insurance licenses.

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MISCELLANEOUS

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| 1 WEEK | <input type="checkbox"/> \$9.00 for one insertion, up to 20 words, 10¢ for each additional word. |
| 2-4 WEEKS | <input type="checkbox"/> \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word. |
| 5-10 WEEKS | <input type="checkbox"/> \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word. |
| 11 WEEKS OR MORE | <input type="checkbox"/> \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word. |

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NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

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Quincy Artist Showcase: Daniel Myers, III

By DANIEL A. MYERS, III

I have been obsessed with art since childhood thanks to my artistic aunt Dru, who has been my Muse throughout life. Growing up in Kansas City, I attended the Kansas City Art Institute with my sisters, where Walt Disney spent some time. Kansas City's Plaza district (with as many fountains and sculpture as Rome) and the Nelson Art Gallery were a tremendous early influence on my life. The Golden Key award from Hallmark Cards in high school certainly gave me early encouragement. Since my father worked for TWA, we got to see the art treasures of Europe at an early age and Michelangelo's work left an indelible impression.

In the last 30 years or so, I have been specializing in classic realistic figurative and portrait sculpture. I learned a lot from my early teachers Amanda Annis and Sholeh Regna of Boston and Cambridge Centers of Adult Education. I was fortunate to discover Lyme Academy of Fine Arts in Old Lyme, CT at a critical juncture and found the teachers and students who could take me to a whole different level after the intense study of human anatomy. I am forever indebted to those teachers for grounding me in the clas-



DANIEL MYERS, III with terracotta sculptures of grandchildren Jack and Eva Rose Myers. At right is this sculpture entitled "Faith, Hope, and Love" created in polyurethane resin.

Photos Courtesy Quincy Art Association

sic realist tradition of the 19th century: Dan Edwards, Don Gale, Pablo Eduardo, Anthony Antonio, Jeremy Davis, and Sue Chism in particular gave me enthusiastic and generous help and encouragement in turning sculpture into a passion.

I have been fortunate in receiving the recognition of the National Sculpture Soci-

ety in their 80th annual national show in Brookgreen Gardens, S.C. in 2015 and of the Art Renewal Centers International Salons of Realistic Art in 2016 and 2018. I am pleased that many public institutions in Quincy have placed my sculpture on permanent display: the South Shore YMCA, the Quincy Historical Society,

Quincy Veterans Affairs, the Children's Library, and the Quincy Art Association have been generous in this recognition.

Currently I teach Portrait and Figure Sculpture in clay for the Quincy Art Association and have had the privilege of introducing some very talented artists to the joys of 3D modeling



in clay: Valerie Mine, Paula Mine, Binh Nguyen, Fred Costello, Jack Hurley, Jack Haran, Walter Marshall, Betsy Millard, Chuck Foltz, Mike Pina, and Leslie Grilli to name just a few. My work can be viewed online at danmyersart.com and danmyersgallery.com. Recently I have even published two

books on my art available on Blurb.com: "Muses of Quincy Art," and "Galateaphilia: the Sculpture of Daniel A Myers III." I encourage everyone, young and old, to try an art course at the Quincy Art Association (quincycartma.org) and discover the thrilling world of art and artists.

16-Story Building Proposed For North Quincy

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both citing concerns about traffic and the size of the building.

"I'm very concerned about this 16-story build-

ing...the impact of the traffic flow," said Pat Les-cinskas, a Hancock Street resident. "I can't see why they can't do the building either eight or ten stories

high. It shouldn't be higher than that."

Board members voted unanimously in favor of the project.

"I think it is a beautiful

building," said Martin Aik-ens, the board's chairman.

"I would love to see people come into Quincy and see that baby right there telling them that is what we're

about and that is what this city is about - having something really nice when you come into the city. I want to thank the applicants for taking the time to go through the whole thing and really build something really nice."

Board member John Himmel said he was concerned about vehicles using the intersection of Hancock Street and Newbury Street to access the site, but said that could be reviewed as part of the Planning Board's process.

Councillor Mahoney Launches New Podcast

Quincy City Councillor-at-Large Anne Mahoney and her husband Kevin Mahoney announce they have launched City Limits (https://city-limits.captivate.fm), a podcast offering a candid conversation about politics, personalities, and current events in Quincy.

The Mahoneys said their podcast "provides another

view of current Quincy news and helps people better understand what's happening with city hall decisions and how it will impact them."

In the most recent episode, Anne and Kevin discuss the administration's \$23 million requests for land taking to build a new Quincy College, read listen-

er mail and discussed a rumor about moving the USS Salem.

"We are trying to dive deeper into city issues and offer arguments for or against that you don't always get in the press or from a city hall press release," Anne says.

Kevin added:

"We are also trying to make it fun, engaging and a quick listen, which is not always easy to do with serious or complicated issues. We have heard from many

folks saying the first episodes have been very informative as well as alarming, with many not realizing so much planned spending is happening."

Listeners of the podcast can contact Anne Mahoney via email at amahoney0721@gmail.com to provide feedback and ideas for future episodes.

To listen to the podcast, visit https://city-limits.captivate.fm, or find it on Apple Podcasts, Spotify and all major podcast players.

Nine Quincy Students On Xaverian Brothers Honor Roll

Nine students from Quincy are on the honor roll for the third quarter at Xaverian Brothers High School in Westwood.

They are:

Thomas Mantville, Ryken Honors, grade 9; Kastriot Panariti, Ryken Honors, grade 10; Emmett Gurwitch, First Honors,

grade 9; Aidan Fleming, First Honors, grade 11; Benjamin Blow, First Honors, grade 12; Pierce Troy, First Honors, grade 12; Michael O'Callaghan, Second Honors, grade 10; James Burke, Second Honors, grade 11; and Sean O'Brien, Second Honors, grade 12.

NQ Electric Project Begins This Month

Cont'd From Page 3

Moore, vice president of electric project management and construction, National Grid New England. "We're proud to be investing in improving and strengthening our existing systems which will allow us to continue to provide the electricity our customers depend on well into the future."

Project benefits include: a safer, more reliable and resilient electric transmission system to support our customers in Quincy and surrounding communities; enhanced ability to meet growing electric energy needs; modern cables protected by concrete duct bank; more efficient means of maintenance and repair; and increased property tax revenues for Quincy.

National Grid has hosted two online open house events and is conducting a comprehensive community outreach and communications program to ensure neighbors in Quincy can participate, obtain answers and plan around construction impacts. Company representatives will regularly communicate with stakeholders.

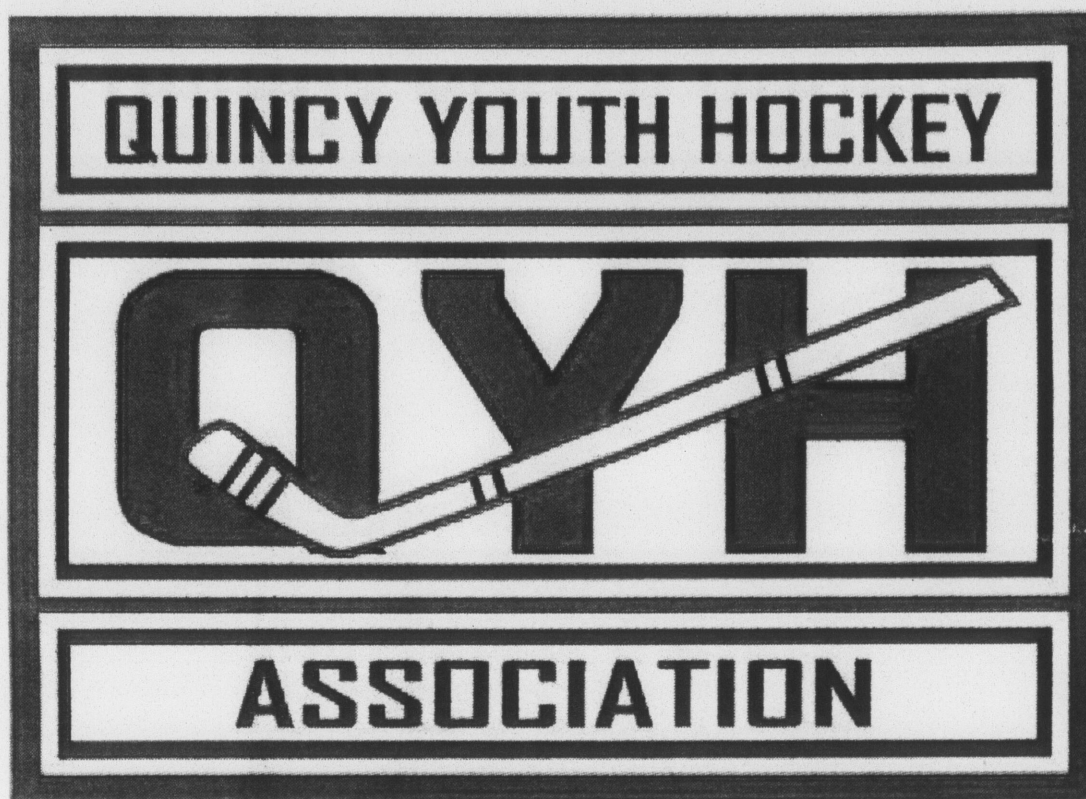
Interested parties can learn more by visiting northquincycableproject.com, calling 1-800-358-3879 and emailing info@northquincycableproject.com. In-person community outreach began in March and will continue through all phases of construction to share the latest project information.

Americanisms



"People do not seem to realize that their opinion of the world is also a confession of their character."

— Ralph Waldo Emerson



**FROM THE BOARD OF DIRECTORS FOR
QUINCY YOUTH HOCKEY AND QUINCY YOUTH ARENA**

I would like to thank all the families in *Quincy Youth Hockey* for their tremendous support this past year. Without our members volunteering for door duty and crowd control we would not have been able to keep the rink open.

Over the past seven months none of our *QYH travel teams* had to quarantine and *Quincy Youth Arena* was never shutdown for more than 24 hours for cleaning.

Thanks to your due diligence, our kids were able to play hockey straight through the season. Everyone put the program needs above their own interests, the parents and kids' behavior was second to none. Our families stepped up, rallied around the arena, and showed why Town-based teams are still the lifeblood of youth hockey in America.

We will have a *FAMILY DAY* celebration in the Fall.

Enjoy your much-deserved and much-needed break from hockey. *Registration for 2021-2022 opens June 1st.*

We look forward to seeing you at the rink in September!

John MacNeil

President, Quincy Youth Hockey Association, Inc.

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